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RVR GT
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MITSUBISHI MOTORS

SUN SEEKERS
NEW STUDY SHOWS WHY VITAMIN D IS SO CRUCIAL {page 24}

PIPELINE PROTEST
MORE THAN 100 ARRESTED ON PARLIAMENT HILL {page 8}

SHOWING OFF
YOUNG DESIGNERS TO DISPLAY THEIR FASHIONS AT VCC RUNWAY GALA
{page 6}

VANCOUVER metro®
Tuesday, September 27, 2011
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News worth sharing.

Rescue. Training

▶ Mayor Gregor Robertson, left, chats with Vancouver fire Capt. Gabe Roder yesterday at the Vancouver Fire and Rescue Services training facility in East Vancouver.

ARIANA KAKNEVICIUS/FOR METRO

Mayor fights fire with fire-simulation drill

Stepping into a firefighter's shoes, Mayor Gregor Robertson, along with a number of other politicians — including NDP MLA Spencer Chandra Herbert — assisted in emergency tasks such as extinguishing a burning car and crawling through a tunnel blindfolded, which was meant to simulate a smoke-filled room.

Search on for possible child abuse

▶ VPD given cellphone video of residence that could be scene of crime ▶ Police urging public to help identify house in video

PHYLICIA TORREVILLAS/METRO

▶ VPD Const. Lindsey Houghton at police headquarters yesterday.

Vancouver police are seeking the public's help in solving a mysterious case involving a possible assault of a two-year-old boy.

Const. Lindsey Houghton said investigators believe the assault may have happened last year inside a ground-floor apartment or basement suite somewhere in Metro Vancouver.

An out-of-province police agency investigating an unrelated file handed VPD investigators a cellphone video that shows the inside of a residence, along with information that two Somali men may have assaulted the toddler, he added.

"We don't know who anyone involved in this is," he said yesterday. "We don't know who the boy is. If we can find out where this suite is, then we can go and look at occupancy records (and) speak to past tenants.

"Our primary concern is for the welfare of this child and we want to ensure that he is currently in safe hands," Houghton said. "We have no reason to believe that the boy is currently in any danger."

He said that for some reason the child was possibly in the care of the two men when the incident occurred. Houghton stressed the boy's parents and known care providers are not suspects and that they may not even know about the possible assault.

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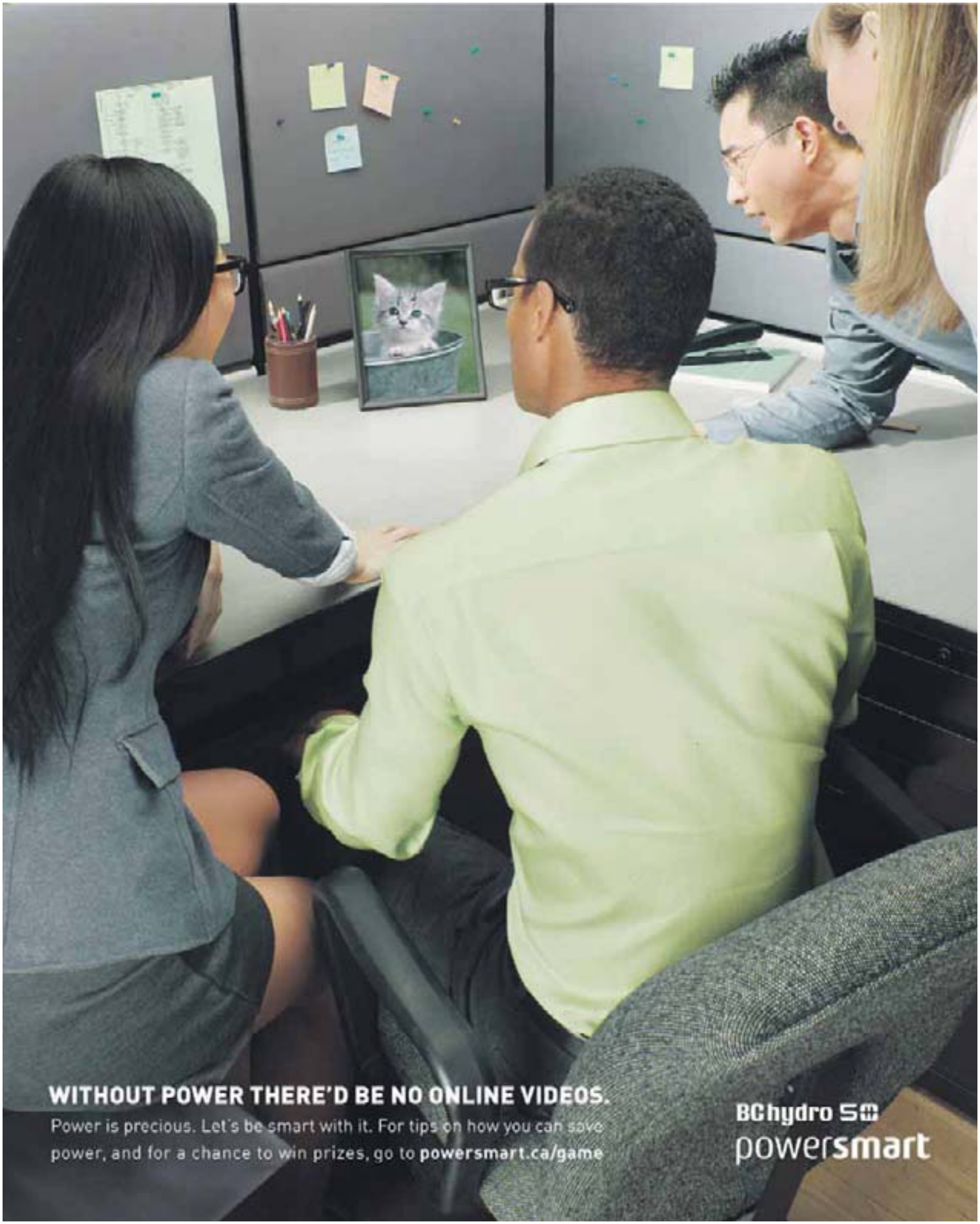
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Put economy over politics, business leaders urge

There's no room for single-issue politicians with the world on the brink of financial collapse, the B.C. Chamber of Commerce says.

As municipal leaders from across the province meet for their annual convention in Vancouver this week, B.C.'s captains of industry have asked politicians to make the economy their top priority.

"The global economy is falling apart. This is one of the most urgent times in B.C.'s history," said John Winter, Chamber of Commerce president and CEO. "Voters need to elect people with a strong platform and stop single-issue politicians who only have a green agenda."

Winter believes many politicians — at all levels of government — have been lulled into a false sense of security after surviving the last recession relatively unscathed.

That mindset could be fatal, Winter said.

"The false sense of security is not justified," he said. "There are steps they can take to shield us, one of which is for government to get out of the way and let real job creators do their work."

A lot of the heavy lifting has to be done at the provincial and federal level, but Winter said municipalities have a big role to play in terms of property taxes, creating business opportunities and making cities affordable for small business. MATT KIELTYKA

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ A protester wearing a Dick Cheney mask stands outside the Vancouver Club where the former U.S. vice-president made an appearance yesterday to promote his new book. About 150 people gathered outside the exclusive club accusing Cheney of torture and war crimes.

Cheney show goes on despite protests

Vancouver MP Don Davies says former U.S. VP should not have been allowed into Canada ◐ Interrogation methods break Canadian law

A large and raucous crowd waved placards and chanted slogans to protest the visit of former U.S. vice-president Dick Cheney at one of the city's most exclusive clubs.

Cheney was in town yesterday to promote his new book, In My Time: A Personal and Political Memoir, at an exclusive $500-a-ticket dinner at the Vancouver Club.

About 150 protesters were pushed back by police when they tried to rush the club's front door. Many chanted "Shame. Shame on you" at guests arriving to hear Cheney. Some held placards that read "Cheney War Criminal," and "Torturer."

At least one man was arrested.

The protesters accused Cheney of war crimes for authorizing and endorsing the use of waterboarding and sleep deprivation against detainees while serving in the George W. Bush administration.

This past weekend, Human Rights Watch urged Ottawa to bring criminal charges against Cheney.

And yesterday, Don Davies, the NDP immigration critic, said Cheney should not be allowed into Canada on the grounds that waterboarding and sleep deprivation break Canadian and international law.

BEN SKLAR/GETTY IMAGES

▶ Unperturbed: Dick Cheney.

Meanwhile, last night's event at the Vancouver Club was sold out, said Leah Costello, founder of the Bon Mot Book Club, which organized the event.

She said club organizers wanted to stimulate debate and decided to invite Cheney because of the anniversary of the 9-11 terrorist attacks and the release of Cheney's memoirs.

"It definitely comes down to the freedom of speech issue, and what I love about Canada is that we are all free to speak and to debate and to pursue ideas and positions that we believe in." THE CANADIAN PRESS

1 news

Fathers may have more than their share of grey hair, but a new study suggests they may also have fewer heart problems. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Africans eulogize the continent's first female Nobel peace laureate. Video at metronews.ca/world

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B.C. First Party gains ground on HST outrage

Complicating the Liberal-Conservative battle for control of B.C.'s right is a newcomer, the B.C. First Party, which seeks to translate Fight HST's political capital into a victory.

"The people in Fight HST were able to remove a premier who wasn't listening to the people, change an Opposition leader who wasn't responsive to her party, and get a binding referendum ... and have it moved up much earlier than it was originally planned for. Those are tremendous successes," said party spokesman Chris Delaney.

SFU political scientist David Laycock says that B.C. First's opposition to the HST is an asset that the other parties don't have.

"Their problem is going to be that their natural constituency includes a lot of the people that (B.C. Conservative Leader) John Cummins is appealing to," said Laycock.

"The only way a third party could make inroads is if there was some kind of an economic calamity that had people in an 'anybody but what we have' mentality," he said.

DAVID PROCTOR

The history of conservatism in B.C.

- **1885–1903**
  Elections are fought without political parties. Extreme government instability defines this period.
- **1903–1933**
  Elections are dominated by the Liberal-Conservative party (which in 1926 changes its name to the Conservative party) and the Liberal party.
- **1933–1937**
  Unable to overcome infighting and indecision, the Conservative party does not run any candidates in the 1933 election, allowing the emergence of the CCF (later known as the NDP).
- **1937–1952**
  The Conservatives return to a position of influence, dominating the Liberals in the 1945 and 1949 elections.
- **1952–1991**
  W.A.C. Bennett quits the Conservatives after an unsuccessful bid for party leadership, crossing the floor to the Social Credit party, which wins every election in this period except 1972. The Liberals never win more than six seats in parliament.
- **1991–2009**
  Social Credit collapses amid infighting and electoral disaster in 1991 and 1994. The Liberals win the 2001 election and every election since. Efforts to unite B.C.'s conservatives into a Unity party see little success.
- **2009–2011**
  The Liberal party is weakened, primarily because of the HST and leader Gordon Campbell. The B.C. Conservatives emerge as an alternative, and B.C. First emerges from the Fight HST movement. DAVID PROCTOR

DAVID PROCTOR/FOR METRO

▶ John Cummins, elected B.C. Conservative leader in May, thinks the time is right for a new party to break into provincial politics.

Can Conservatives claim Liberal throne?

Conservative leader Cummins says time is right for resurgent party

DAVID PROCTOR
VANCOUVER@METRONEWS.CA

B.C. politics have always been dominated by an unforgiving two-party system, but B.C. Conservative Leader John Cummins thinks the time is right for a third party to emerge.

"There's no home for conservative-minded people in the Liberal party," he asserted. "That's really where we've got the momentum, because there's a huge number of people out there who say, 'I held my nose and I voted Liberal in the 2009 election.' There's a huge number of voters out there that are looking for an alternative."

On that basis, the Conservatives will run a candidate in every riding in the next provincial election, and Cummins, whose party is enjoying newfound relevance and attention, asserts that the party will run "with the notion that we can become the next government in British Columbia."

SFU political scientist David Laycock agrees that there is potential for a new right-leaning party in B.C.

"It requires that the dominant party experience some sort of division," he explained. "If Cummins' appeal catches on in those less urban ridings in the Fraser Valley, the North and the Okanagan, it's quite conceivable that the Liberals would lose."

But Laycock also noted that the Conservatives are facing an important test.

"(If Cummins) hasn't given his party any great move forward in the polls in the past couple of months, I can't see any reason why it would happen," he said.

Whether those numbers have improved remains to be seen, but an Angus Reid poll prepared in March, before Cummins was made party leader, showed five per cent of British Columbians intended to vote Conservative.

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B.C. COAST

Stormy weather continues

A wind and rain storm pummelling the B.C. coast for the second straight day has knocked out more power, brought down trees and disrupted travel.

Heavy rains were accompanied by winds gusting up to 100 km/h in some areas of the north and central coasts.

BC Hydro crews were trying to clean up from widespread power outages on Sunday when the second wave of the storm hit.

About 30,000 Hydro customers were without power by noon yesterday, with most of the outages on Vancouver Island and the Metro Vancouver regions.

THE CANADIAN PRESS

Flare gun drive-by

Agassiz RCMP arrested a 27-year-old man for careless use of a firearm after he allegedly fired a flare gun from his truck at a passing vehicle Friday afternoon.

The chase was over in 90 minutes as police quickly responded to calls of the shooter and a female passenger heading north on Harrison Hot Springs Road.

After setting up roadblocks, the suspect's residence was quickly located and police surrounded the house. The suspect came out without incident and the female passenger was found later. CHELSEA ALTICE

Assault in Penticton

Police in Penticton are looking for a suspect in a sex assault early Sunday morning. RCMP say a 23-year-old woman was walking about 4 a.m. when a man she didn't know grabbed her and ripped off her pants. THE CANADIAN PRESS

Gov. Gen. begins tour

Canada's Governor General kicked off a three-day visit to B.C. yesterday in Victoria. David Johnston and his wife, Sharon, visited the legislature and met with members of the Royal Canadian Navy and First Nations leaders. METRO

Future fashionistas to strut their stuff at VCC

CHELSEA ALTICE/FOR METRO

▶ Romantic evening wear designed by Anges Kim, one of 28 VCC students who will display their works on the runway today.

Fashion students showcase their designs on the runway at annual gala

CHELSEA ALTICE
VANCOUVER@METRONEWS.CA

From scantily clad lingerie to Cinderella-esque evening gowns, the stylings of Vancouver's future fashion designers will be showcased today at the annual Vancouver Community College gala at the Italian Cultural Centre.

Sal Ferreras, vice-president of education and student services, has been working with the event for the past five years, and has amplified its production levels to turn it into the glitzy gala it is today.

He said the show is a wonderful demonstration of what the students have achieved during their time in the two-year program, and the audience can expect to see a variety of styles.

"Many students have very specific artistic statements; many play with interplay of fabrics or focus on colour," he said of the lines that range from work to evening wear.

The 28 budding designers will also display their portfolios to browse before the show and during intermission.

Ferraras said this is the quickest networking opportunity for students who receive offers to work for house labels or showcase in international shows.

"Whoever comes to the show will be amazed at the variety, at the power, and at the novelty of the range of fashion," said Ferraras.

JENNIFER GAUTHIER/METRO FILE

▶ B.C. Premier Christy Clark

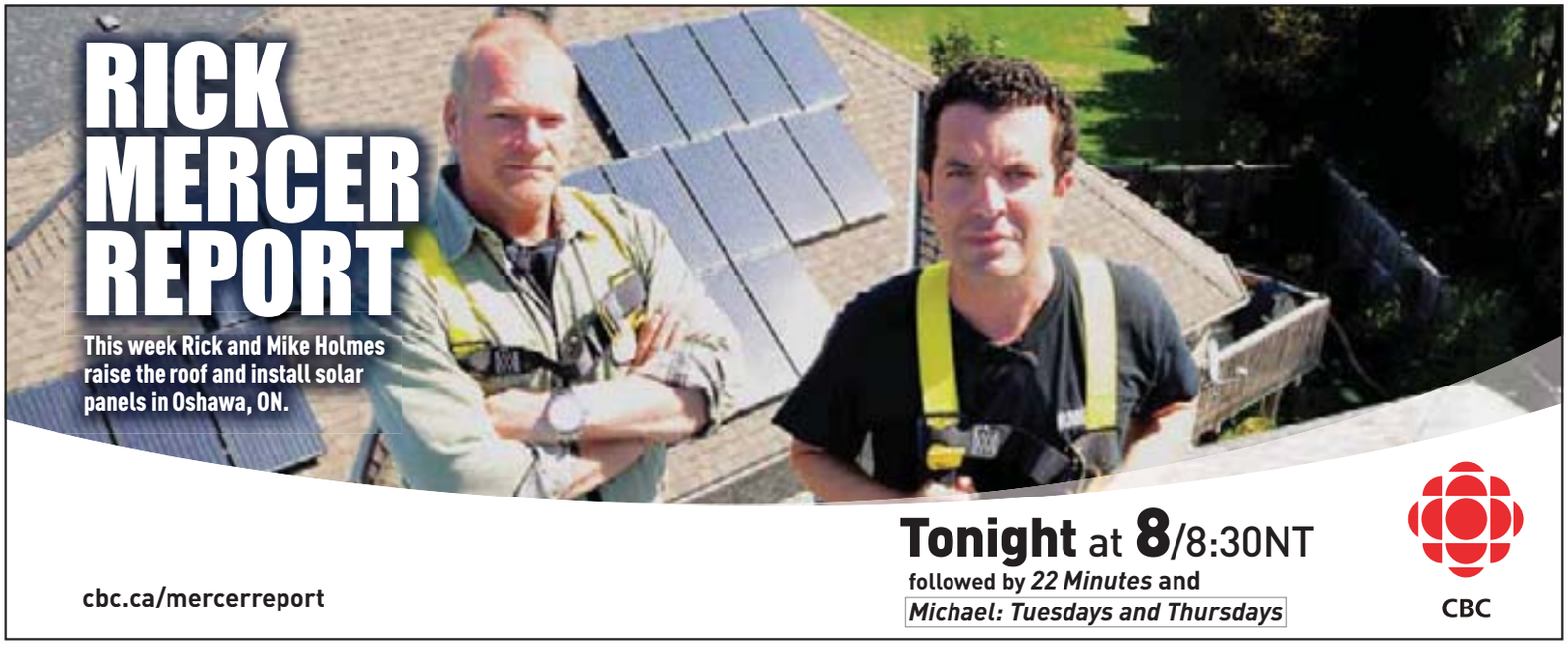
Premier demotes sole supporter

The only member of the B.C. legislature to support Christy Clark in her successful attempt to become Liberal leader and premier has been demoted in her cabinet.

Harry Bloy was shuffled out of his job yesterday as minister of social development and now becomes minister of state for multiculturism.

Stephanie Cadieux takes over Bloy's social development post and Margaret MacDiarmid will take on Cadieux's portfolio of labour, citizen services and open government.

THE CANADIAN PRESS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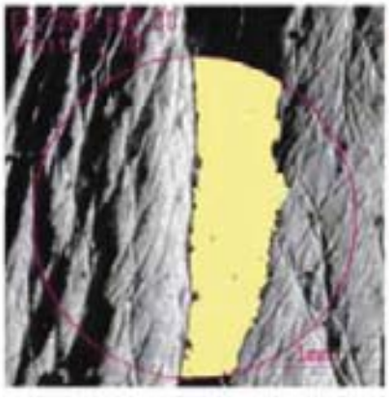
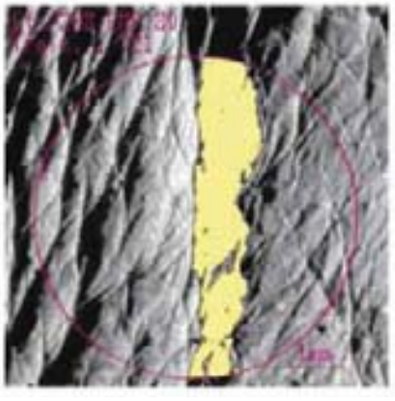


Depth of wrinkle after 3 weeks of treatment with our natural peptide



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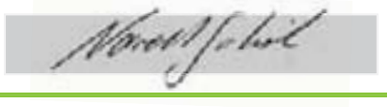

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Keystone protest comes to Canada

Immigration Minister Jason Kenney calls Parliament Hill protesters 'extremists' on Twitter It's 'in our collective national interest' for Keystone pipeline to proceed, says Natural Resources Minister Joe Oliver

JESSICA SMITH
@METRONEWS.CA
METRO CANADA IN OTTAWA

More than 100 protesters climbed over a fence police erected on Parliament Hill yesterday and then sat peacefully, waiting to be arrested.

Greenpeace, the Council of Canadians and Indigenous Environmental Network organized the protest against the development of the tarsands and pipelines that carry Canadian oil to the U.S.

It was modelled after the Keystone XL pipeline protests outside the White House and getting arrested was part of the plan from the beginning, organizers said.

RCMP Sgt. Marc Menard said more than 100 protesters were arrested for obstructing police, but ultimately only given a provincial offence notice for trespassing.

$65

The protesters who jumped the fence in front of Centre Block were handcuffed with plastic zip ties, booked and given a ticket for $65 for trespassing.

"I'm actually missing the class I teach at the University of Toronto," said Keith Stewart, after he climbed over the fence. "Right now, my students are in class."

Asked why he was willing to be arrested, he said, "I've been writing environmental policy and lobbying politicians for over a decade, and that's not doing anything. And I've got a daughter."

Natural Resources Minister Joe Oliver defended the oilsands and the Keystone pipeline.

He said the pipeline would generate $600 billion in economic activity.

JESSICA SMITH/METRO

▶ Blaine Cameron, who uses a wheelchair, is carried over a security fence on Parliament Hill by his fellow protesters yesterday.

Typhoon Nesat batters Philippines

Massive flooding hit the Philippine capital on Tuesday, local time, as typhoon winds and rains isolated the historic old city where residents waded in waist-deep waters, dodging tree branches and debris. At least seven people were killed.

Authorities ordered more than 100,000 people across the country to shelter from Typhoon Nesat's rains and wind gusts of up to 170 kilometres per hour. Schools and offices were shuttered, and thousands were stranded by grounded flights and ferries kept in ports.

The typhoon made landfall before dawn over the eastern provinces of Isabela and Aurora, which face the Pacific Ocean, then headed inland through farmlands north of Manila, the government weather bureau said. It was packing sustained winds of 140 km/h.

The first reported death was a one-year-old child who drowned in the central island province of Cataduanes after falling into a river, the government disaster agency reported. As the typhoon moved into Manila, a mother and child were killed after their house was hit by a falling tree in the suburb of Caloocan, and four were reported killed by a collapsing wall in the suburb of Valenzuela.

Four fishermen were missing while more than 50 others were rescued along eastern shores after their boats overturned in choppy seas. Forecasters warned of four-metre-high waves.

Along downtown Manila's baywalk, cars and buses were stuck and residents waded through floodwaters as waves as high as palm trees washed over the seawall, turning a six-lane highway into a huge brown river.

Emergency workers were evacuating river areas in the city that are notorious for flooding.

THE ASSOCIATED PRESS

Stormy weather

- 112,000 people were ordered to leave their homes in five towns prone to flash floods and landslides in central Albay province.
- More than 50,000 people had moved to evacuation centres and relatives' homes by yesterday, officials said.

Canadians can breathe easy: WHO

A new study from the World Health Organization suggests the air quality in Canadian cities is among the best urban air in the world.

In the WHO's compilation of 91 countries, only cities in Estonia and Mauritius had cleaner air than Canada. Mongolia registered the highest average pollution levels at 279.

THE CANADIAN PRESS

CBC faces federal scrutiny

The Conservatives are hauling the CBC onto the carpet this fall to explain why it is fighting the access-to-information law in the courts, part of increased scrutiny of the public broadcaster's spending and practices by the new majority government.

The move comes at the same time the Conservative party surveys its members on whether CBC funding is good value for the taxpayer.

THE CANADIAN PRESS

Woman uses Facebook to report robbery

An American woman has found a unique use for her Facebook account: reporting a robbery.

Police in Chattanooga, Tenn., said 20-year-old Rolanda Hill answered a knock at her door Sunday night and a man stuck a gun through the open door and forced his way inside.

Hill used her computer to report the crime to her Facebook friends and asked them to call police.

THE ASSOCIATED PRESS

Monks self-immolate

Young men allegedly called for religious freedom and said 'Long live the Dalai Lama' before they set themselves on fire in China, says Free Tibet

Two Tibetan monks set themselves on fire yesterday in a protest over China's tight rein over Buddhist practices, a rights group said as the Chinese government reiterated it will choose the next Dalai Lama.

The London-based Free Tibet campaign said Lobsang Kalsang and Lobsang Konchok, both believed to be 18 or 19 years old, self-immolated at the Kirti Monastery in Sichuan province's Aba prefecture.

The official Xinhua News Agency said in a brief report that did not identify the monks by name that both were rescued by police, suffered slight burns and were in stable condition.

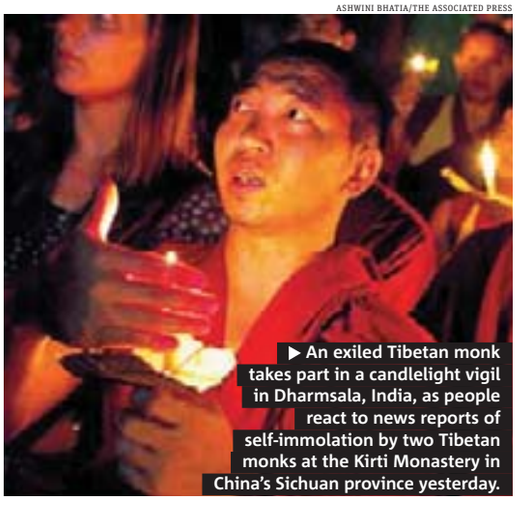
China has said that religious law requires that the reincarnation of the Dalai Lama be born in a Tibetan area under Chinese control. The Dalai Lama has said his successor could be born in exile and has even floated the idea of choosing his own successor while still alive — perhaps even a woman.

THE ASSOCIATED PRESS

Background

China reviles the Dalai Lama as a separatist, and wants to pick a pro-Beijing successor. The Dalai Lama insists he is only seeking increased autonomy for Tibet, not independence, and opposes Beijing's involvement in selecting its leaders.

ASHWINI BHATIA/THE ASSOCIATED PRESS



An exiled Tibetan monk takes part in a candlelight vigil in Dharmsala, India, as people react to news reports of self-immolation by two Tibetan monks at the Kirti Monastery in China's Sichuan province yesterday.

Judge throws book at teen who killed dad

A now 19-year-old Winnipeg man has received close to the maximum youth sentence for killing and dismembering his abusive father in 2009.

Judge Janice LeMaistre deducted just eight months for the time he has spent in custody since he turned himself in about a month after the June 2009 slaying, then pleaded guilty to first-degree murder. That means he must serve 64 months in secure custody and another four years of conditional supervision.

6 The maximum under the Youth Criminal Justice Act is six years in custody.

His defence lawyer had asked for two years.

LeMaistre noted that since the slaying, the young man's mother and her other children are no longer being terrorized by the man who was killed, but she said the nature of the offence still called for a severe penalty.

THE CANADIAN PRESS

Trial begins in wrestler murder case

Jurors in Winnipeg have begun hearing evidence in a high-profile alleged murder-for-hire case involving a former pro wrestler.

Melody Sanford, 47, Rita Cushnie, 57, and Donald Richard, 35, have each pleaded not guilty to first-degree murder and conspiracy to commit murder in connection with the September 2007 death of Ivan (John) Radocaj. The 43-year-old died of blunt-force trauma to the head.

JAMES TURNER IN WINNIPEG

Protesters taunt cops

- Many identified themselves as high school students
- Marchers got support from motorists, pedestrians

ANGELA MULLINS
@METRONEWS.CA
METRO CANADA IN LONDON, ONT.

ANGELA MULLINS/METRO

▶ Masha Sultan, 18, a student at H.B. Beal Secondary School in London, Ont., yells at officers yesterday outside the London Police Service headquarters.

Nearly 100 people took to London, Ont.'s downtown streets yesterday to protest what they called "police brutality" against 17-year-old Jaz Bennett.

Bennett, a Grade 12 student at H.B. Beal Secondary School, said he was shocked by a stun gun as police broke up a fight Thursday near the school. He walked along with the protesters, at times trailing several blocks behind and holding his chest where one of the Taser prongs entered his body.

"I got jumped. I was defending myself," he said about last week's fight, which resulted in assault with a weapon charges against him. "I felt relieved to see the officers (arrive on scene)."

The roving protest lasted several hours, making its way from Beal high school to police headquarters before heading to the city's downtown core and then to city hall.

Some tense moments came early on as the crowd stopped in front of the police station. There, three police officers lined the front steps and others stood guard nearby.

Several people were warned that stepping off the sidewalk and onto the steps constituted trespassing. Many responded by yelling obscenities at the officers as someone on a bullhorn demanded they defend their actions.

The officers stood stone-faced as pig squeals were blasted over a loud speaker and the crowd chanted "Shame on you" and "Stop the police."

Not onside

Not everyone was stirred to action by yesterday's police protest.

Wesley Demmerling, 17, a Grade 12 student at H.B. Beal Secondary School, thought the group got a little too rowdy at times and lost its focus. He was especially worried after he said someone jumped on a car outside city hall.

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New stream for Netflix

Rising cost of streaming rights is the key reason for increased prices

Netflix unveiled a coming attraction yesterday: the Internet video rights to films and television specials from DreamWorks Animation.

The multi-year deal will give Netflix Inc.'s streaming service the exclusive rights to show the latest content from the studio behind Shrek, Kung Fu Panda and Madagascar.

But the rights don't kick in until 2013.

Complaints could escalate when Netflix loses the streaming rights to Walt Disney Co. movies and other films through a licensing deal it had with Starz Entertainment.

Still, the deal represents a badly needed coup for Netflix, which has been reeling from customer backlash due to sharp price increases and a change to its DVD-by-mail service.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 244.32 (11,707.19)	+ 0.11¢ (97.25¢ US)	+ 0.39¢ US ($79.85 US)	$3.782 (+ 8.1¢)

Gold contracts $1,594.80 (- $45.00)

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[1] Subject to credit approval. As a sole or joint owner of an RBC Signature No Limit Banking (SNL) account and the primary Signature RBC Rewards Visa cardholder, you will benefit from a $39 rebate towards the annual fee of your Signature RBC Rewards Visa card, every year, as long as you remain an SNL account owner. Additional cardholders do not qualify for the annual fee rebate, even if they are also owners of an SNL account. Only one credit card annual fee rebate per SNL account is allowed. [2] RBC will refund the Interac network access fee up to a maximum of three (3) refunds per month, if used. Some ATM operators apply a surcharge (also known as a convenience fee) for use of their ATMs. The convenience fee is not a Royal Bank fee. It is added directly to the amount of your cash withdrawal. All clients who use non-RBC ATMs may be charged a convenience fee regardless of the type of account they hold. [3] Monthly overdraft fee waived. Overdraft interest charge applies if used. If an Account is overdrawn, a deposit is required to be made at least once each month, in an amount that will cover the monthly overdraft interest. Subject to credit approval. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ‡ All other trademarks are the property of their respective owners.

Scan. Bag

▶ A customer uses a self-serve checkout station at a Big Y supermarket in Manchester, Conn.

JESSICA HILL/THE ASSOCIATED PRESS

Self-serve checking out

A number of U.S. supermarket chains are bagging self-serve checkout lanes in order to allow clerks to help shoppers directly.

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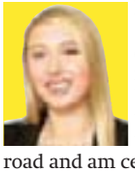
JESSICA NAPIER
METRO



I hate to drive.

Maybe I liked it for a few months back when I was 16 and my learner's permit meant a newfound sense of independence, but these days I just don't see the appeal.

Don't get me wrong. I am not a terrible driver — or at least, I'd like to think I'm not. Sure there has been the odd fender bender and one unfortunate speeding ticket when I was 18 but nothing too traumatic. I understand the rules of the road and am certainly physically capable of driving from A to B. I'm just not very fond of it.

When I am behind the wheel, I am permanently on edge. I get heart palpitations at the first sign of inclement weather, and the combination of speeding cabs, weaving bicyclists and jaywalking pedestrians sends my nerves into overdrive. I hate the overly aggressive road ragers and the lost hours spent staring at break lights in a traffic jam.

I actually prefer taking public transportation, even on its slowest, smelliest and most uncomfortable days. Not because I can't afford to drive, or because I am an environmental crusader, but because, for me, it's just so much easier.

Sitting on a bus or train gives me time to myself; time to sleep, to read and to stare inappropriately at attractive strangers. Public transit is empowering — bus drivers don't care when I'm intoxicated and they let me check my phone for text messages whenever I want.

"Sitting on a bus or train gives me time to myself; time to sleep, to read and to stare inappropriately at attractive strangers. Public transit is empowering — bus drivers don't care when I'm intoxicated and they let me check my phone for text messages whenever I want."

As a non-driver, I am exempt from all of the monetary costs associated with car ownership. I don't have to worry about repairs or parking and I admittedly have no concept of how much car insurance costs (but I hear it's horrendous). And while the occasional fare increase will irk me for a month or two, it is nothing compared to the daily emotional roller coaster that results from the fluctuation of crude oil prices.

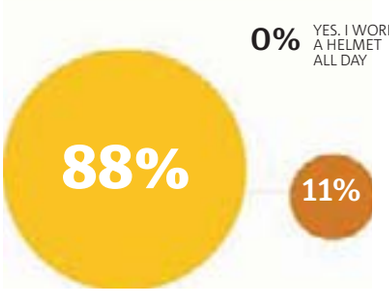
I know mass transit isn't always the fastest or most convenient way to travel, and I'm not immune to the eye-rolling frustrations of yet another late bus or stalled train. But most of the time I can breathe deeply and get over it because I want to believe that the benefits of communal commuting outweigh the negatives.

Riding transit might make me more dependent at times, but it is also blissfully liberating in so many ways. For us anti-automobile folk, freedom is a monthly pass and a good book.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Did you follow the falling satellite?



Local tweets

- **@yatli:** I really don't like this weather. My tan is fading! #rain #Vancouver
- **@samuel_wade:** Cheney in Vancouver. Air thick with sulphur and babies' distant crying. Trees flail in protest as the old forest's immune system awakes.
- **@canadiancynic:** Oddly, the same wanks who explained very legalistically why George Galloway was banned now tell us that Dick Cheney is a free speech issue.
- **@Davejonesy:** I imagine there is a large overlap between those wanting to bar Cheney and supporters of Galloway's entrance into Canada. #doublestandard?
- **@keithbaldrey:** Fed. NDP wants Cheney charged as war criminal? Example of loony leftism that keeps it from governing. Even Obama wld think idea ridiculous.
- **@CodyRyanMah:** Stoked for the @NHL season to start. Predicting Vancouver and buffalo in the cup finals.
- **@MartaMikol:** Where to buy a cool looking umbrella that won't become a parachute in windy #Vancouver torrential?

Letters

RE: Listen, you don't want to upset this teacher, published Sept. 22

Mazerolle's article was so badly executed it ended up being not only offensive, but contradictory.

First, I took offence to the implication that teachers must inspire fear, especially fear of bodily harm, to be respected, and that "the nice ones who wanted to help" lacked strength and would "(crumble) like ... Wagon Wheels." If the writer's intention was to direct attention to the current plight of teachers, these characterizations did little to support and much to undermine those hard-working idealists who become teachers because they "wanted to help."

Secondly, the line about what teachers "do best: pushing you up a grade regardless of merit" the writer has again cast teachers as the hapless pawns of a production line school system.

This negative characterization was further advanced in the final line: "let's open our books to Megan Fox". This implied a kind of uselessness in education.

AMANDA CAMERON, VANCOUVER

Blind. Photog

▶ Juan Antonio Hernandez tries to touch a flower in order to feel its temperature and thus determine the sunlight's angle as he prepares to photograph the flower at a park in Mexico City earlier this month.

MARCO UGARTE/THE ASSOCIATED PRESS

Photo of the day

Hernandez is one of 30 visually impaired or blind people learning photography with the help of the Mexico City foundation Ojos Que Sienten, or Eyes That Feel.

WEIRD NEWS

Finally! A fish tank that fits in your pocket!

METRO WORLD NEWS

▶ An itty-bitty fish tank

Introducing the world's smallest aquarium. Made of fibreglass and measuring just 3 centimetres wide by 2.4 cm high and 1.4 cm deep, it can rest on the palm of your hand. With two teaspoons of water inside, this tank boasts living algae and even contains miniscule baby danio-rerio fish.

Hailing from Omsk, Russia, nimble-fingered miniaturist Anatoly Konenko and his son Stanislav made this in three weeks. The 57-year-old was the first in Siberia to create what he calls "microminiature" art. He claims to have invented the technology of writing on very small grains of rice.

In 1996, Konenko was recognized by Guinness for the world's smallest book — at 0.9 millimetres by 0.9 mm.

METRO WORLD NEWS

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culturedays

PHOTOS COURTESY OF CULTURE DAYS

CULTURE DAYS HERE TO STAY

WHAT IF ALL THE VISUAL ARTISTS, MUSICIANS, PERFORMERS AND WRITERS IN YOUR NEIGHBOURHOOD CAME OUT OF THE WOODWORK ONE WEEKEND TO CELEBRATE CREATIVITY WITH THE COMMUNITY?

Sound like fun? Welcome to **Culture Days** — a Canada-wide celebration of arts and culture.

The second annual Culture Days will be held Friday Sept. 30 to Sunday Oct. 2. There, Metro Vancouverites will get the chance to experience events of all stripes around Lower Mainland and throughout BC.

"All across the province an abundance of cultural activities are happening for Culture Days, which reflect the incredible vibrancy, diversity and creativity of BC's communities," said B.C. Culture Days Programming Director, Trudy Van Dop.

"The outstanding increase in participation this year shows the initiative of the many arts organizations in our creative and cultural communities to create access to a wide range of activities and events for the general public and get us all involved in celebrating B.C. arts and culture."

Events will be offered independently by arts organizations across Canada, so each event is unique and tailored to the community.

And the weekend is definitely not just about being a spectator — many activities get participants actively involved.

For instance, those who've always wanted to participate in the local choir, theatre or other performing group, but have never been sure how to do it, can attend behind-the-scenes events. Visitors can check out the open rehearsals with the Richmond Singers, the Vancouver Playhouse, and can do the workshop and tour at Vancouver Co-op Radio and much more.

Metro Vancouverites can also explore the visual arts scene at events scattered across the region, like a free mosaic-making workshop held at Cameron Centre in Burnaby on Friday Sept. 30. Participants of all ages are invited to help create a dragonfly mosaic that will be placed in Cameron Park.

Ceramophiles can catch the "horsehair" and "naked" raku ceramic firing techniques in action at the Shadbolt Centre for the Arts in Burnaby on Saturday, Oct. 1, and even help apply horsehair to the ceramics, red-hot out of the kiln.

The event starts with a bang on Sept. 30 at **CBC LIVE** A Kick Off to Culture Days with live broadcasts, special events and a star-studded line up of CBC personalities. Please visit cbc.ca/live for more info.

PLAN YOUR WEEKEND

With so many incredible Culture Days activities happening over the weekend, the Bright Spots Schedule is going to come in handy. Using this planning tool is easy: simply go to the Culture Days web site **(culturedays.ca)** and click on the "My Culture Days" tab to create an account. Once you're logged in, search registered activities by postal code, region, category, artistic discipline…etc. and select those you wish to attend. They'll automatically appear in a customized three-day schedule. You can export your Bright Spots Schedule to email, popular calendar platforms such as Outlook, iCal or Google Calendar, and PDF, which can then be printed. The Bright Spots Schedule also has a "smart" recommendation feature that will make activity suggestions based on the geographic proximity and type of activities you've already selected. So what are you waiting for? Start planning your Culture Days weekend now and express the creative you!

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A Kick Off to Culture Days

THIS FRIDAY

AN OUTDOOR FESTIVAL AT CBC VANCOUVER ON HAMILTON BETWEEN ROBSON AND GEORGIA

10:00 am **Doors Open**

10:45 am **Culture Days Kick Off Spectacular with Johnny Reid**

11:00 am **Jian Ghomeshi Hosts a Special Q Media Panel**
From Cairo to Vancouver: How Social Media has Affected the Biggest News Stories of the Last Year

11:00 am **Meet Ron James, Being Erica's Erin Karpluk, and InSecurity's Natalie Lisinska in the CBC LIVE Lounge**

11:00 am **Meet CBC News Network Morning Host Suhana Meharchand at the CBC Vancouver Tent**

11:45 am **Meet Jian Ghomeshi in the CBC LIVE Lounge**

Noon **Kids' CBC LIVE**
With Patty, Mamma Yamma, the Froog and special musical guest Amy Millan.

Throughout the day, come to the Kids' CBC tent for puppet shows, pirate crafts, and storytelling with Super Why, Gloria Macarenko, Margaret Gallagher, Stephen Quinn, Grant Lawrence, Lana Gay and Lisa Christiansen.

1:00 pm **Culture Days Instant Improv - Vancouver Theatre Sports League**
Hosted by Ron James

1:45 pm **Meet Republic of Doyle's Allan Hawco in the CBC LIVE Lounge**

2:00 pm **Steven and Chris LIVE**
With Kary Osmond from Best Recipes Ever, Dragons Robert Herjavec and Bruce Croxon, and other special guests

2:00 pm **Meet Arctic Air's Adam Beach and Hockey Night in Canada's Kevin Weekes and Mark Lee in the CBC LIVE Lounge**

2:15 pm **Meet George Stroumboulopoulos in the CBC LIVE Lounge**

2:45 pm **Meet Steven and Chris and Kary Osmond in the CBC LIVE Lounge**

3:00 pm **On The Coast**
Hosted by Stephen Quinn featuring special Culture Days musical guests

5:00 pm **CBC News Vancouver LIVE from Hamilton Street**
With Tony Parsons, Gloria Macarenko, Claire Martin and Shane Foxman

5:00 pm **CBC Celebrates 75 Years**
Have some cake with CBC's biggest stars

5:30 pm **Dragons' Den Student Entrepreneur Contest**
With Robert Herjavec, Bruce Croxon and Dianne Buckner

6:15 pm **Meet the Dragons at the Plaza Stage**

6:30 pm **Meet Tony Parsons, Gloria Macarenko, Claire Martin and Shane Foxman of CBC News Vancouver in the CBC LIVE Lounge**

7:00 pm **Radio 3 - CBC LIVE Concert Countdown**
Hosted by Grant Lawrence with Stars, The Midway State and The New Pornographers

8:00 pm **Midnight Music: A Concert for Culture Days hosted by Jian Ghomeshi**
With Stars, The New Pornographers, The Midway State and many surprise celebrity appearances

Interviews, games and contests **ALL DAY** in the **CBC LIVE Lounge!**

INFO: cbc.ca/live
#cbclivevancouver

CBC

CULTURE DAYS ACTIVITIES

JEANETTE JARVILLE

VANCOUVER – MORE THAN 35 ACTIVITIES!

BIKEnnale — Bike Tour of the Vancouver Biennale Sculptures. The Vancouver Biennale Open Air Museum invites people of all ages to participate in the BIKEnnale, a cycle tour from Kits Beach to Coal Harbour to see the amazing outdoor sculptures that are part of the 2009-2011 Biennale exhibition.
WHEN: Sunday, Oct. 2, 10 am-4 pm
WHERE: Beach Avenue

Voice of Community. Focus is the production of two multi-generational, multi-cultural collaborative works, in both audio and visual media. These works will consist of a soundscape and a banner, each designed with the help of Arts Umbrella instructors and assistants. Our staff will guide community members of all ages and abilities to come together to share their personal contributions to the projects, and let their own voices be heard.
WHEN: Saturday, Oct. 1, 10 am-3 pm
WHERE: 1286 Cartwright St.

Connecting the Dots. Features more than 30 artists in visual, performance, installation, new media/digital arts, photography, video art, design, fashion and music. There will be several live performances during the closing party on Oct. 2.
WHEN: Saturday, Oct. 1, noon to 6 pm, and Sunday, Oct. 2, 6 pm -11 pm
WHERE: Five Sixty Club, 560 Seymour St.

RICHMOND – MORE THAN 35 ACTIVITIES!!

Lucia Frangione: Inside the Mind of a Playwright. Through her lively and dynamic performance skills, internationally produced actor and writer Lucia Frangione shares characters and stories from a selection of her 20 plays, followed by a discussion with the audience on inspiration, process and presentation.
WHEN: Friday, Sept. 30, 7:30 pm -9 pm
WHERE: Richmond Arts Centre Site 7700 Minoru Gate

Richmond Museum Artifact Storage Tour (pre-registration required). Join Richmond Museum Curator, Rebecca Forrest, for a rare opportunity to tour the Museum's storage facility and view the Richmond Museum's permanent collection of more than 15,000 artifacts from Richmond's past and present. Pre-registration for these free tours is required. Please phone 604 247-8309. Max 12 to a group
WHEN: Saturday, Oct. 1, 10 am-10:45 am, and 11:15 am-noon
WHERE: 7700 Minoru Gate

Librarian for a day! Have you always wondered what goes on in the back rooms of the library? Well, put on your sensible shoes and have fun in our behind-the-scenes activities and tours. Families can participate in our book-sorting contests, answer unusual reference questions, see the inside workings of our DVD dispenser "robots" and see how thousands of books a day are sorted on our new automated sorter. Shhhhh...tell everyone!
WHEN: Saturday, Oct. 1, 1 pm-4 pm
WHERE: Richmond Public Library 100-7700 Minoru Gate

Open Studio and Exhibition: Jeanette Jarville. Visit the studio on contemporary artist Jeanette Jarville. Her paintings are bold, colourful, semi-abstract figures, florals and landscapes and are painted in reverse on clear acrylic panels. This creates a very unique luminescent effect, which adds to the vibrant energy of her stylized work.
WHEN: Saturday, Oct. 1, 11 a.m - 4 pm Sunday, Oct. 2, 11 a.m - 4 pm
WHERE: Open Studio on Steveston Hwy, just 1 block east of Hwy 99

Histories Revealed: Salmon Can Label Designs. On Oct. 1 only, the Gulf of Georgia Cannery will display some of its extensive salmon can label collection, rarely seen before. Participate in can label activities and investigate the display; perhaps you too will discover a new story.
WHEN: Saturday, Oct. 1, 12 - 4 pm
WHERE: Gulf of Georgia Cannery, 12138 4th Avenue

SURREY – MORE THAN 10 ACTIVITIES!!

Newton Cultural Centre's 1st Anniversary Weekend! The Newton Cultural Centre is one year old! Come celebrate! We'll have live entertainment, a craft fair, art show, face painting and more!
WHO: Arts Council of Surrey
WHEN: Saturday, Oct. 1, 10 am - 4 pm Sunday, Oct. 2, 12 - 4 pm
WHERE: 13530 72 Avenue

Meet the Artists. Drop in to meet members of the Federation of Canadian Artists–Fraser Valley Chapter, and watch them demonstrate in a variety of media, in conjunction with their exhibition.
WHEN: Saturday, Oct. 1, 1 - 4 pm
WHERE: Surrey Art Gallery, 13750 - 88 Avenue

Theatre Open House Drop in and join our friendly staff for backstage tours, inside stories and a sneak peek of the new Main Stage audience chamber renovations!
WHEN: Saturday, Oct. 1, 12 - 2 pm
WHERE: Surrey Arts Centre, 13750 - 88 Avenue

BURNABY – MORE THAN 15 ACTIVITIES!!

Tile Mosaic Workshop. Help create a beautiful dragonfly mosaic for Cameron Park. All ages are welcome. Children must be accompanied by an adult. The mosaic will join others to be installed at the park at a later date.
WHEN: Friday, Sept. 30, 4 pm-7 pm
WHERE: Cameron Centre Juniper Room and Upstairs Lobby

A Little Lunch Music - Latin Moods. Latin inspired music with a classical twist, performed by award-winning flutist Samantha Fu and celebrated pianist Anna Vavilova. Habanera, Tango, Argentinean Dances highlight the repertoire of this energetic duo. $10 (+tax) p.p. or brown bag it and enjoy the complementary music.
WHEN: Friday, Sept. 30, music noon -1 pm; buffet 11:30 am-1:30 pm
WHERE: Encores Cafe, 6450 Deer Lake Avenue

Raku Firings with Unique Glazing Techniques. Artist Linda Doherty, (Shadbolt technician and instructor) conducts raku firings, using two unique glazing techniques: "horse hair" and "naked" raku. Visitors witness the red-hot pots being removed from the kiln at 30-minute intervals; those wishing to participate will have the opportunity to apply the horsehair onto the hot pots.
WHEN: Saturday, Oct. 1, 11 a.m - 2 pm
WHERE: Steam Plant/Ombu Kiln site (located south of the Burnaby Art Gallery)

Necklace Project — P'tit Dave. P'tit Dave needs help completing his 1 kilometre-long beaded necklace. He supplies the materials and you supply the creative juice to continue the community project.
WHERE: Shadbolt Atrium
WHEN: noon-2 pm

OKANAGAN HIGHLIGHTS

Culture Days at KAG: Kamloops Culture Scavenger Hunt. Undertake the adventure with your friends, family or individually and learn more about the culture and heritage in Kamloops from public art to the Kamloopa Pow Wow. Finish at the Kamloops Art Gallery by visiting the exhibitions for free, mapping your scavenger hunt route on the BMO Open Gallery wall, and receiving a free pass for your next visit to the Gallery.
WHEN: Friday, Sept. 30, 10 am-5 pm, and Saturday, Oct. 1, 10 am-5 pm
WHERE: Victoria Street, Kamloops

Uptown Rutland Scarecrow Festival. The 4th Annual Uptown Rutland Business Association Scarecrow Festival celebrates farmers and showcases Rutland's rich agricultural history. Along with the Harvest Market, some of the excitement will include a Kids Corner, Entertainment Stage and roving entertainers, the Scarecrow Building Contest, Agricultural and History exhibits, and more!
WHEN: Sunday, Oct. 2, noon-4 pm
WHERE: Lions Park, Gray Road, Kelowna
WEB: kelownascarecrowfestival.com.

ISLAND HIGHLIGHTS

Take a Ballet Class with Alumni from the National Ballet. To celebrate The National Ballet of Canada's 60th Anniversary, its prestigious alumni will teach ballet classes in various communities across Canada. National Ballet Principal Dancer Jillian Vanstone will teach an intermediate/advanced ballet class at Kirkwood Academy of Performing Arts.
WHEN: Saturday, Oct. 1, 2:30 pm -4 pm
WHERE: 2138 Bowen Rd., Nanaimo

CBC LIVE A Kick Off to Culture Days
Friday, Sept. 30 - from 10 a.m. – 10 p.m.
On Hamilton between Robson and Georgia
From 10 a.m. – 10 p.m., *don't miss this star-studded line up of live broadcasts, events and music, including:* ***10:45 a.m.*** *Culture Days Kick Off Spectacular with Johnny Reid.*
1 p.m. *Culture Days Instant Improv - Vancouver Theatre Sports League Hosted by Ron James. Drop by the Culture Days tent all day to pick up a button and participate in the Culture Days Video Soap Box and live collective mural painting.*

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HANDOUT

▶ Daniel Craig and Rachel Weisz are a happily married New York City couple seeking a simpler life in New England in Dream House.

Director up in the clouds

Jim Sheridan tries to capture the intangible in his work ◗ New film Dream House is a psychological thriller that's a departure from his typical character drama fare

RICHARD CROUSE
SCENE@METRONEWS.CA

Shortly into my conversation with Irish filmmaker Jim Sheridan I begin to understand what his daughter Kristen meant when she said her father "exists up in the clouds. In order to communicate with him, you have to go up into the clouds yourself."

When I mention the quote to the Dream House director he laughs and tries to explain.

"I think that's probably true in relation to the way I approach actors and story. I know directors like Tim Burton or David Fincher, they're very structured visually. Then there's the approach that says, 'It's emotional over here.'

But emotions are invisible and it's hard to catch the invisible. Trying to catch the invisible is very interesting because it's just something that happens in front of you rather than something that has happened, as Hitchcock said, and then I'm only shooting it."

A scheduled 10 minute interview stretches into 35 minutes as the three time Oscar nominee chats amiably about the movies he thinks will eventually become classics — "the poetic ones that don't make as much sense" — on artistic vision — "it's a product of interior emotion" — the meaning of the Kubrick film 2001 — "it's a baptism!" — and, of course, his new movie.

In Dream House real life newlyweds Daniel Craig and Rachel Weisz are Will and Libby, a happily married couple who leave New York City for a simpler life in New England. Of course, this is a thriller, so their hopes for a happy life are dashed when they discover their new home was the site of a grisly murder.

"It's a genre piece," he says.

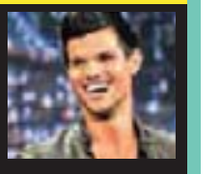
"It's a psychological thriller with horror overtones and detective story overtones, but essentially, deep down it's a love story. It's in the vein of A Beautiful Mind and Shutter Island. We've made the kind of movie with thriller and horror elements, but women will like it."

Sheridan may exist in the clouds, but he is realistic about the state of the movie business. The kind of character dramas that made him famous are harder to get made these days.

"One day, I don't know what day it was, maybe a Thursday, about a year ago, everybody decided you couldn't make a drama anymore," he says. "I think there was a surfeit of independent movies when there was a surfeit of money," he says. In Ireland we built too many houses, in America we made too many movies."

2 scene

Scene in brief



Taylor Lautner received a noisy welcome at the European premiere of his latest film Abduction. He meet fans at the British Film Institute's IMAX screen in London last night. A Facebook campaign ensured he'd promote the movie in the U.K., with more than 79,000 supporters "liking" the page on the site.
THE ASSOCIATED PRESS

E-Street Band guitarist Van Zandt says Springsteen plans to decide future after Clemons death.

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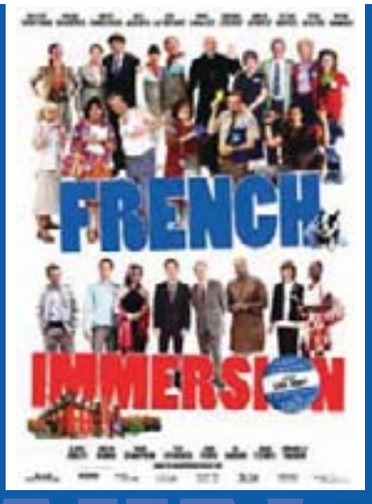

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Looking for next 'fluke'

Dan Mangan releases followup to his breakout album Nice, Nice, Very Nice

FRANK GUN/THE CANADIAN PRESS

▶ Dan Mangan's new album Oh Fortune hits stores today.

A little over a year ago, Dan Mangan remembers playing a show in Norman, Okla., to a "crowd" — to use the term loosely — of about seven people.

As is typical of the genial Vancouver singer-songwriter, he cheerfully decided to interpret the sparsely attended gig as a timely break, and not as a humiliation. He had new songs swirling around in his brain that he hadn't had the chance to work through with his band, so the show morphed into a much-needed impromptu rehearsal.

"I thought: 'This is a perfect opportunity,"' Mangan said during a recent interview on a sunny Toronto patio. "You don't ever get a chance to rehearse on the road. ... So basically, I would just start playing a song that the band had never heard, and then they'd catch up."

And with that Mangan began to form the blueprint for Oh Fortune, which hits stores today.

Mangan was comfortably ensconced in obscurity when he released his sophomore album, Nice, Nice, Very Nice, in August 2009. But that didn't last long.

A month after the record dropped, Mangan took artist of the year honours at the XM Verge Awards. The following May, he signed with the influential Canadian indie imprint Arts & Crafts, which re-released his album in North America. And that summer, Mangan's album was shortlisted for the Polaris Music Prize alongside Broken Social Scene, Tegan and Sara and eventual winners Karkwa.

And as a result, Nice, Nice, Very Nice wasn't a particularly easy act to follow. "On some level (with that album), we kind of fluked out because there wasn't that much pressure behind it. If it flopped, no one would have cared because no one knew who I was anyways," said Mangan. "There was a little more pressure this time around.

"So in that sense, there are people who are anticipating it. But I felt like if we just tried to take something that worked and do it again, it was going to end up being less honest and less good. And it's sort of like, if we fluked out before, maybe we can fluke out again."

And so Mangan changed course fairly drastically.

While Nice, Nice was very much a solo affair, Oh Fortune was almost entirely crafted with Mangan's band present.

While Mangan acknowledges that the new record "isn't remotely singer-songwriter-y," he said that he didn't intentionally try to distance himself from his last album. "I'd like to say we weren't running from something so much as just aiming toward something," he said.

THE CANADIAN PRESS

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DVD Releases

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Star Wars: The Complete Saga
Genre: Action
Director: George Lucas
Stars: Harrison Ford, Mark Hamill
½

Can there possibly be any justification for buying George Lucas' creaking space opera yet again?

Yes and no. If you really want the very best sight and sound available for home systems, you need this Blu-ray package, which includes not only the sainted original trilogy that began in 1977, but also the damned prequel one that began in 1999.

If you're happy with what you already have on regular DVD, then save your money.

The extras are bountiful, including scratchy (and brief) deleted and extended scenes from the original trilogy, which began with Star Wars in '77.

(It's now called Star Wars: Episode 4 — A New Hope under Lucas' loopy renaming system.)

If it all makes you chuckle, you might enjoy one of the real highlights of this package: 90 minutes of the many pop-cult parodies of Star Wars, ranging from The Simpsons to "Weird Al" Yankovic to Saturday Night Live.

Expect to be asked to buy these all over again, after Lucas rolls them all out on 3D. Bleh.

PETER HOWELL

Transformers: Dark of the Moon
Genre: Action
Director: Michael Bay
Stars: Shia LeBeouf, Rose Huntington-Whiteley, Tyrese Gibson
½

Picking the "best" of the three Transformers movies is like choosing death by firing squad, shark mauling or being crushed by one of Wile E. Coyote's giant anvils.

On reflection, I'd choose the anvil drop, which is what the last 45 minutes of Transformers: Dark of the Moon feels like, as the good alien robots (Autobots) and bad alien robots (Decepticons) turn Chicago into a scrapyard.

The overlong Transformers 3 is an improvement over the incomprehensible Transformers 2, which I'm still in therapy for, and the pokey original Transformers, which first turned these robot-changing Hasbro toy cars into multiplex behemoths.

This latest eruption qualifies for "most revived franchise" status, if only because scripter Ehren Kruger, the guilty pen behind Transformers 2, has literally found the plot, any plot.

This one ludicrously connects the 1969 Apollo 11 moon landing with Transformers lore — Neil Armstrong and Buzz Aldrin secretly discover a smashed Autobots spaceship on the moon's dark side — but at least it's a conspiracy theory we can follow.

The lunar find leads to our sweaty teen hero Sam Witwicky (Shia LaBeouf) being reluctantly dragged yet again into the Autobots vs. Decepticons fray.

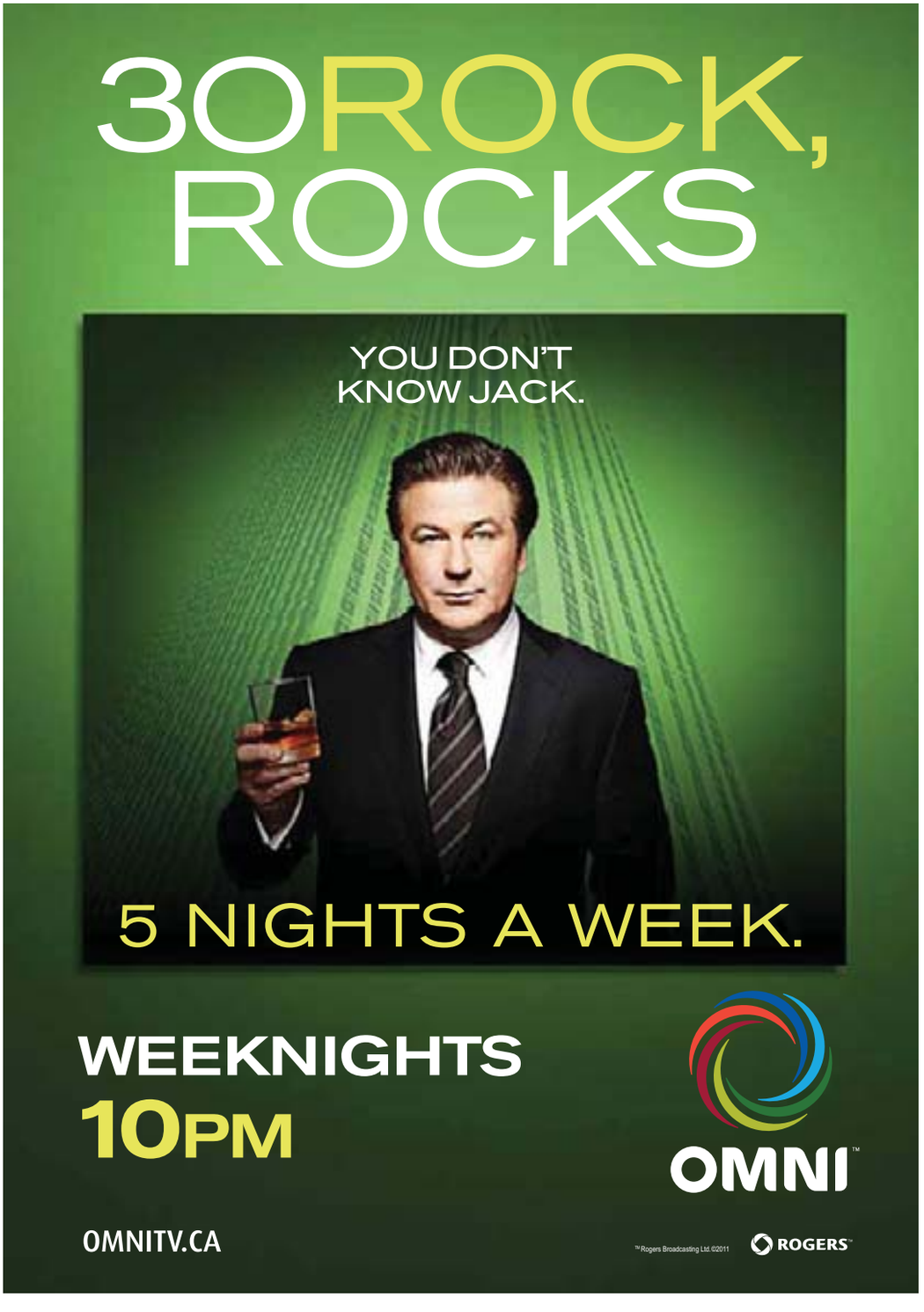
But at least he has a new girlfriend to play with, in between explosions.

She's feisty rich girl Carly, played by Rosie Huntington-Whiteley, a former Victoria's Secret model. Carly easily fills the gap left by the departed Megan Fox, who was bounced for comparing Bay to Hitler.

Such happy simplicity doesn't extend to the rest of Transformers 3, which Bay and Kruger pack with so many excess characters, it's as if they wanted the cast to be as bloated as Bay's ego.

Transformers 3 also triples up on the comic relief, with two pairs of humans and one pair of robots offering dubious yuks. John Turturro's meddling FBI agent, which allows him to do his best Al Pacino imitation, now finds its distaff counterpoint in Frances McDormand's snippy national intelligence director.

PETER HOWELL



MJ's kids may take the stand

Case into the death of the late singer is looming

AARON LAMBERT-POOL/GETTY IMAGES

▶ Michael Jackson

Michael Jackson's two oldest children, Prince Michael and Paris, are reportedly eager to take the stand in the manslaughter case of Dr. Conrad Murray, the man accused of causing the pop star's death, according to Radar Online, but their grandmother, Katherine Jackson, is resisting the idea.

"She knows how traumatic it would be for them, but both Prince Michael and Paris have said they want to tell the jury what they saw on the day their father died," a source says, adding that Michael's sister, La Toya Jackson, isn't opposed to the idea.

"La Toya has said it would be good for the children to 'get what is inside them out of them.' She feels it is a way for them to release the hurt. Above all though, she believes her brother was murdered and what Prince Michael and Paris could tell the jury would inevitably help convict the doctor."

METRO

Talking points

Von D, James are 'off' again

BREAKUP. After breaking off their engagement over the summer and then reconciling a month later, Kat Von D and Jesse James have called it quits again.

"I am not in a relationship," Von D posted on her Facebook page. "And I apologize for all the 'back and forth' if it's caused any confusion."

As for other things the L.A. Ink star isn't doing, she added: "I am not in any way moving to Texas. I am not opening up another tattoo shop. And I am not leaving my shop here in Los Angeles, High Voltage Tattoo."

She's also not filming any more episodes of her series, which was recently cancelled.

METRO

RAHAV SEGEV/GETTY IMAGES

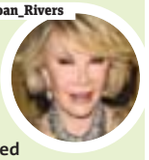
▶ Kat Von D

Celebrity tweets

@ParisHilton

#India is beautiful, but some parts are very poverty stricken. Broke my heart to see babies sleeping on the streets

@Joan_Rivers



New York streets are a mess from all the damned moochers coming to the U.N. My middle finger is exhausted from flipping everyone off.

@RedHourBen

This is great I am actually losing followers. Lets get down to 1,000,000!

@ConanOBrien

You know you're getting older when you throw out your back while buttering scones.

Wills just can wait to be king

Prince William, who is second in line to the British throne, admits its current occupier shows no signs of stepping aside, according to the Daily Mail.

"We do hint at taking some things off her, but she won't have anything of it," he says of his 85-year-old grandmother, the Queen of England.

"She'll want to hand over knowing she's done everything she possibly could to help, and that she's got no regrets and no unfinished business."

As for his own future on the throne?

"As I'm flying along in my helicopter through the mountains of Wales, I try desperately hard not to think about it," says William, who is a rescue helicopter pilot. "That can wait until I'm a bit older."

METRO

Prince William

It's Not The Same Without Art
The Vancouver Biennale Open Air Museum is a non-profit organization dedicated to exhibiting great art where people live, work, play and transit.
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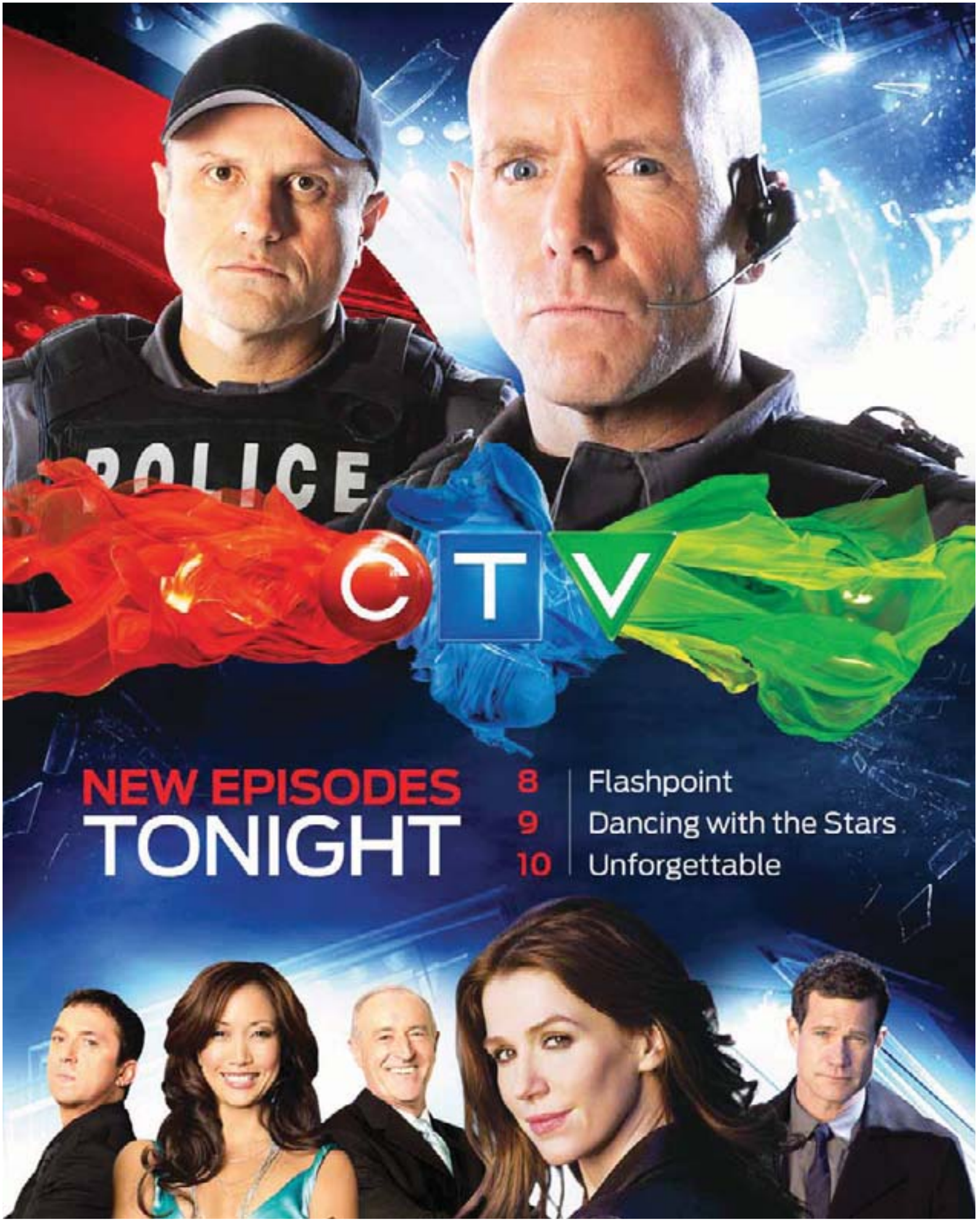
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9 Dancing with the Stars
10 Unforgettable

3 life

ISTOCK PHOTO

▶ As the sun dips earlier and we spend less time outdoors, it's time to think about other sources of vitamin D. Fatty fish is our best natural source: think salmon, mackerel, sardines and tuna. And then there's our grandmothers' grimace-inducing favourite: cod liver oil.

Goodnight sun: why vitamin D is critical

New study shows links between serious mental illness in kids and vitamin D deficiency

CELIA MILNE
LIFE@METRONEWS.CA

Vitamin D — the sunshine vitamin — got another thumbs-up recently.

A small study in Oregon found that children with serious mental illnesses are more likely to be deficient in vitamin D than children with good mental health. Researchers at the Oregon Health & Science University, led by Dr. Keith Cheng, tested vitamin D levels in 67 children (ranging from seven to 17) in a psychiatric hospital. The children had illnesses including anxiety disorder, autism, disruptive disorder, mood disorder and psychotic disorder. They compared these to children in the general, healthy population.

Vitamin D deficiency was found in 21 per cent of the inpatients, compared with only 14 per cent in healthy children. This is not enough evidence to say low vitamin D causes mental illness, but the subject is worthy of further study, said the authors.

This is a good reminder to Canadian parents that vitamin D is important, especially in the fall and winter months, when children get less sun. Recognizing this, the government has raised the recommended daily allowance (RDA) for children.

"As we go into October 2011, I am thrilled that the RDA for children has gone up three-fold, compared to October last year," says Dr. Reinhold Vieth, director of the bone and mineral laboratory at Mount Sinai Hospital and a professor at the University of Toronto.

"Official government agencies are advising parents to provide children with 600 I.U. vitamin D as the average daily supply, and I think that is excellent basic advice."

Vieth notes that Vitamin D helps prevent rickets and may lower the risk of influenza or allergy. Some research shows vitamin D boosts mood and reduces risk of depression.

"Modern lifestyles are generally sun-avoiding," he warns. "Of course there is also less vitamin D-forming UVB sunlight available the farther north one goes."

New study shows

1

... drink a day was linked to greater overall health in older women in a study conducted by the Harvard School of Public Health. Women who had one a day at the age of 58 had a 20 per cent chance of "successful" ageing. METRO

Is breastfeeding undermined when hospitals provide free formula?

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

The truth about colonics
Despite the cost of about $100 per session, many people swear by colon hydrotherapy as a way to lose weight and be healthier. But as our writer, Lesley Young, found out, there are some myths — and some truths. Here are just a few:

Myth #1: "It prevents constipation." No, it doesn't. It can relieve it temporarily, but only when other routes, such as dietary changes, don't work.

Myth #2: "It helps you lose weight." Any pounds that might be lost are gained back right after the procedure, as soon as you resume eating and drinking.

Myth #3: "It permanently rids us of bad bacteria." There's a balance of good and bad bacteria in our colon, and a colonic removes both kinds temporarily. Then, both repopulate soon afterward.

For four more myths and truths about colonics, go to besthealthmag.ca and type in the search word "colonics."

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Coping with our tragedy

If you try to bury your feelings, you are not alone Metro speaks to experts on dealing with our grief

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

What did you feel on the 10th anniversary of 9-11? Were you overwhelmed? Tried to ignore it? Or did you find remembering that day cathartic? What are you feeling now, weeks later? Understanding your feelings may help you understand something as ambiguous as grief.

GETTY IMAGES

▶ Grieving after the Norway attack.

Traditionally, doctors have thought we all go through the "grief cycle," a classic model devised by psychiatrist Elisabeth Kübler Ross in the '60s. She identified five stages of grief: denial, anger, bargaining, depression and acceptance. We may all go through them, though at different speeds.

It gets more complicated when dealing with large-scale disasters. Those who suffered no direct trauma will have an easier time moving on with their lives while those directly affected (physically or emotionally) face a long road to recovery. And sudden tragedies, like a tsunami or the recent mass shooting in Norway, take those affected by surprise, complicating the grieving process.

"We never get over a death or loss. We just learn to live life in a different way," says Dr. Heidi Horsley, a grief expert.

Normalizing your grief by speaking with others that have been through a similar experience will help you realize that feeling sad, angry and out of control is OK.

Or as Horsley explains it, life moves on.

"Grief comes at us in waves. Initially we hold on to the memory of a loved one and the pain longer than we ought to in fear that letting go means we have forgotten. Time goes by and life moves on. We live in a grief phobic society where there is little tolerance for grief over time."

Her prescription: "Life is a temporary state so live every day as though it were your last."

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Jethro's house-made Banana Bread French Toast is worth the splurge

ERIN IRELAND

Chocolate Chip Banana Bread French Toast

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

Thanks to Vancouver's abundance of comfort food and all-day breakfast joints, I'd like to think we're ready for the dark months, which are creeping dangerously close.

Jethro's Fine Grub, an eight-seater hole-in-the-wall nestled in peaceful Dunbar, is one of my new favourite spots to lunch on eggs, pancakes and more past the morning hours.

Being a serious banana bread enthusiast, I couldn't resist their version, dolled up as french toast.

Mistaking the whipped butter topping for whipped cream was a blessing in disguise. Never would I have included so much on my first bite — but, wow. The intense pleasure caused an "eyes shut" reaction.

The two slices of chocolate chip-riddled bread — battered lightly in egg mixture — were moist, rich and surrounded by caramelized bananas. Heaven? Yes. Autumn? Sure!

Other all-day breakfast spots include The Templeton, Central Bistro (both until 3 p.m.) and Deacon's Corner.

Jethro's Fine Grub
3420 Dunbar St.
604-569-3441
jethrosfinegrub.com
Hours: Mon-Sun: 8 a.m. - 4 p.m.
Price Range: $5-$12
Reservations: No
Licensed: No
Rating: 4 out of 5

Almond Chocolate Chews

THE CANADIAN PRESS H/O

Preparation:

1. In a large double boiler or large bowl over gently simmering water, melt butterscotch and chocolate chips for about 10 minutes.
2. Once melted, turn off heat. Add raisins, cranberries, pretzels and almonds. Gently stir, making sure no water gets into the bowl.
3. Drop teaspoonfuls onto wax paper-lined cookie sheet.
4. Refrigerate until set, about 30 minutes. Makes 3 dozen.

Ingredients:

- 500 ml (2 cups) butterscotch chips
- 500 ml (2 cups) chocolate chips
- 250 ml (1 cup) raisins
- 250 ml (1 cup) cranberries
- 375 ml (1 ½ cups) salted pretzels, broken in half
- 500 ml (2 cups) whole almonds, dry roasted (or substitute whole almonds, salted)

RECIPE COURTESY OF TRISH MAGWOOD FOR CALIFORNIA ALMONDS, ALMONDBOARD.COM

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THE RIGHT TIME FOR CHIVALRY

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

Dear Mr. Butler,
I would value your opinion on a point of etiquette/respect. I'm in my mid-30s, but it has usually been my practice to rise when women enter or leave the room, or arrive at or leave the table during meals. The only real exception to this has been for very close friends and family who would be embarrassed by the gesture. How should I respond when a woman insists that this gesture of respect for their sex is unnecessary, that I remain seated? Also, should one dispense with the practice when the woman is constantly moving to and from the table or the room, while serving dinner or otherwise going about her hostess duties? Aron

Dear Aron,

The custom of a gentleman standing every time a woman enters the room and/or stands at the table is rarely practised in today's modern world, but does remain common in formal social situations. Remember that etiquette is all about making others feel comfortable in social situations.

Therefore if a woman asks you to please stop standing for her, I would respect her request. It also is neither necessary nor appropriate to keep standing for a hostess who has to come and go from the table while she is serving her guests. Bravo for being a gentleman, and one thing I am absolutely sure about is that chivalry is not dead!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

ISTOCK

▶ Don't forget: Etiquette is all about making others feel comfortable in social situations.

TIPS FOR A WINGMAN

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Dear column people,
My best friend's a tool when it comes to women, and I really don't get it. We're both decent-looking guys with good jobs and lots of confidence. To top it off, he's probably seen every pick-up video out there, but when it comes to talking to women, he can't close the deal. He tells me to hold him accountable when it comes to getting numbers, and when we're on the way to a club he'll keep talking about how psyched he is and how he'll do this or that, but once we get there, he just stands around and getting him to approach a woman is almost impossible. Any suggestions?

Andrea: Dear BFF,

It sounds like you're a pretty good wingman. Although holding him accountable, monitoring him, and pushing him can be helpful at first, continuously doing so will take away your effectiveness as a motivator.

Think about it: he keeps "failing" despite your pushing, and nothing happens.

Why should he change?

Try a different tactic: before going out, have him take out $50 from his bank account and give it to you to hold on to (increase the amount if he's wealthy). If he gets a number that night, he gets it back. He does not get it back (don't spend it) until he gets a number. Call it a "date trust fund." Paying him will be a positive association with getting girls' numbers and inaction will cost him. Let me know how it goes!

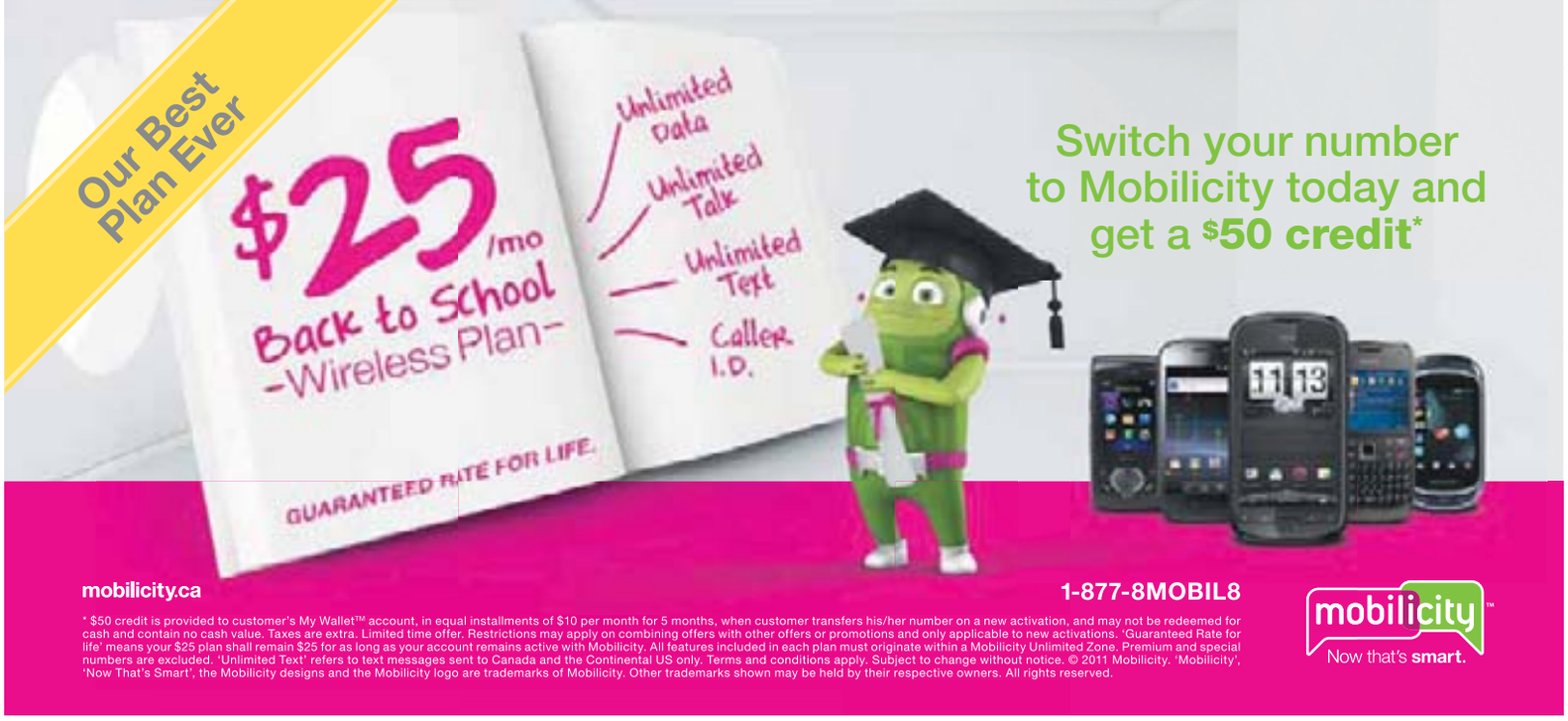
Claire: Dear Wingman,

There is a funny phenomenon that says we often react in contrast to those around us — in other words, your confidence might actually bring out his lack of confidence. I'm not saying that's the cause of his un-Romeo-ness, but maybe it's time for another approach. Maybe he should try dating online — it will give him more control over the situation. He can keep things light for as long as he likes, and use online chatting and emails to get to know the woman he eventually chooses to meet.

It will allow him to build his confidence, which seems to be lacking.

Good luck!

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.



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READY TO OWN?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

When I was 21 I bought my first house. I'd worked hard over four years to squirrel away enough money for a small down payment. Before too long, however, I ran right into an extremely common trap: home poverty. Basically, all I could afford was my house! It took eight months for my monthly cash flow to 'level out' and finally feel like I had two nickels to rub together again.

Home poverty happens when after the mortgage, insurance and utilities are paid, there's little money left over for RRSP contributions, home maintenance, car repairs, vacations, etc. A person's cash flow is further jolted with the initial costs of moving expenses, legal fees, closing costs, cleaning supplies and much more.

Avoid feeling house poor by preparing for home ownership well in advance of buying. Figure out what you can afford based on your current income, not what you hope your income will be in the future. Use online mortgage calculators (available through any bank) or talk to a mortgage broker.

If your credit score is in good shape, banks will approve a mortgage amount that translates into monthly housing payments (mortgage, insurance, taxes and heating combined) that are less than 32 per cent of your gross monthly income.

Just because you can qualify for a huge mortgage doesn't mean you should take one! Less debt almost always translates into less stress.

Slow and steady wins

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Jack, the three-year-old Warren Buffett wannabe, is in an investing mood now that he has a few thousand in his RESP.

Actually, truth be told, it's his Nana (me) who is hoping to channel him in this direction. But what should he (his parents) buy for his fledgling education account to ensure any post secondary studies are as debt-free as possible?

Last week I wrote about the issues parents face in terms of savings choices. RESP? TFSA? RRSP?

GIC rates are rock bottom low but still a good bet for education savings.
-ALISON'S MONEY RULE

Because the government tops up RESPs with a 20 per cent grant on the first $2,500 contributed, I suggested his parents focus savings efforts here, at least until they achieve that $2,500 mark to receive the maximum grant.

The other option is to contribute some to RESPs and some to RRSPs, then take the tax refund and plunk it in the RESP.

But how should they invest the money? Banks, where you open RESP accounts, want to sell mutual funds, most of which charge high fees.

Also, as we've seen with the latest incarnation of market volatility, equity (stock) mutual funds are offering little joy and much risk these days.

Let's say Jack persuades Mom and Dad to invest with the tortoise rather than the hare — i.e. GICs rather than the stock market. After 15 years, assuming they achieve a four per cent average annual compounded rate of return over time — that's the GIC return plus reinvested income — he will have nearly $62,000 for his post-secondary education.

Boring, yes. Safe? Oh yes.

The government gives you a 20 per cent return annually on any money contributed up to $2,500. This means you don't need to take any risks at all.

One complication is that most banks have a minimum GIC amount, usually $5,000. But Jack can wait until he has that in his RESP before he directs his parents to buy a GIC and then roll it over annually with the additional contributions added in.

Another issue is rock bottom rates. Go for third party GICs offered by other financial institutions at your bank. Rates are higher, though the minimum investment might be also.

ISTOCK

▶ Learn to raise the next Warren Buffett.

Here's an example: CIBC's one-year GIC pays 0.9 per cent annually but the bank offers three GICs from other institutions paying just over 1.7 per cent.

CONTACT ALISON AT GRIFFITHS.ALISON@YAHOO.COM. YOU CAN PRE-ORDER HER NEW BOOK, COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY AT ALISONGRIFFITHS.CA.

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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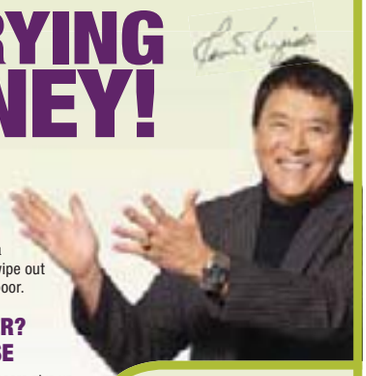
STOP WORRYING ABOUT MONEY!

COMING TO VANCOUVER AND SURROUNDING AREAS ON
OCTOBER 4TH – 7TH



I believe what is happening to our economy right now is NOT a "normal" cycle of recession, but a radical change that could wipe out the Middle Class and leave us with a society of only rich and poor.

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YOU HAVE THE POWER TO CHOOSE

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4 sports

Sports in brief

1 Philadelphia Eagles coach Andy Reid said yesterday that a CT scan showed Michael Vick's injured right hand is bruised, not broken as originally thought.
THE ASSOCIATED PRESS

2 The New Jersey Devils announced Scott Niedermayer's No. 27 will be retired Dec. 16.
THE CANADIAN PRESS

3 Italian club Virtus Bologna has clarified that its top offer to Los Angeles Laker Kobe Bryant is a one-year, $5-million US deal.
THE ASSOCIATED PRESS

Losing. Argument

▶ Boston's David Ortiz reacts after being called out on strikes by home-plate umpire Laz Diaz in the third inning yesterday.

THE CANADIAN PRESS

Sox lose again to drop into wild-card race tie with Rays

The Boston Red Sox have finally fallen all the way back to the pack, and now they've got only two games left to make it right. The Red Sox found another way to lose, this time on a broken-bat single and an inside-the-park homer, and their 6-3 defeat against the Baltimore Orioles last night dropped them into a tie in the AL wild-card race. Boston's 17th loss in 22 games enabled Tampa Bay to pull even in the duel for the league's final playoff spot. The Rays, who beat the New York Yankees 5-2, trailed by nine games after play on Sept. 3.

Romo guts out a victory

Dallas QB plays through pain in Cowboys' gritty win over Washington

Tony Romo's ribs held up just fine. So did Dan Bailey's leg.

Romo persevered through pain to lead enough deep drives to set up Bailey for six field goals, including a 40-yarder with 1:57 left to give the Cowboys an 18-16 victory over the Washington Redskins last night.

Dallas' Anthony Spencer chopped the ball from Washington's Rex Grossman with 28 seconds left, and linebacker Sean Lee recovered it, setting off a celebration inside Cowboys Stadium.

Dallas coach Jason Garrett dropped to a knee and pumped his fist wildly after improving to 2-1 — guaranteeing no repeat of last year's miserable 1-7 start. The Cowboys are tied for first place in the NFC East, along with Washington (2-1), which was seeking its first 3-0 start since 2005.

"This was a great win for us," said Romo, who was 22 of 36 for 255 yards. "It was a hard, hard game. ... We had a million mistakes tonight. We have a lot of young guys, but they were out there for a reason. We'll get it right."

Romo lacked zip and accuracy for much of the night, but was at his best with the game on the line.

He hit Laurent Robinson for a 25-yard gain to set up Bailey's fifth field goal. He then set up the winner on third-and-21 with a scrambling 30-yarder to Dez Bryant that happened to come against cornerback DeAngelo Hall, who had been trash-talking Romo leading up the game.

THE ASSOCIATED PRESS

Tough Cowboys

The big story of last night's game was Tony Romo and the other Dallas players who played through pain.

- Receiver Dez Bryant missed last weekend's game against the San Francisco 49ers with a thigh injury.
- Felix Jones separated a shoulder against the 49ers but ran for a career-high 115 yards and caught three passes for 40 more.
- Romo played through a cracked rib that led to a punctured lung suffered in the same 49ers game.

Canucks release Nolan after loss in San Jose

Owen Nolan's road back to the NHL has hit a dead end.

The 39-year-old former all-star was released by Vancouver on Sunday after the Canucks lost 4-3 to the San Jose Sharks in a pre-season game.

Nolan had a goal and an assist in three pre-season games with the Canucks in an attempt to resurrect his NHL career after playing last season with Zurich in Switzerland. The first-overall pick of the 1990 draft had 885 points in 1,200 games with Quebec/Colorado, San Jose, Toronto, Phoenix, Calgary and Minnesota.

The Canucks also released forward Niko Dimitrakos from a tryout contract Sunday night.

THE CANADIAN PRESS

Canucks injuries

The Canucks also lost defenceman Aaron Rome (broken hand) and forward Steven Pinizzotto (dislocated shoulder) to injuries in Sunday's game.

SUSPENSIONS

NHL hands down more punishments

New NHL disciplinarian Brendan Shanahan continues to put his stamp on the league after doling out a pair of hefty suspensions.

The NHL announced yesterday that Columbus Blue Jackets defenceman James Wisniewski has been suspended for the remainder of the pre-season and the first eight games of the regular season for an illegal check to the head of Minnesota Wild forward Cal Clutterbuck in a game on Friday.

The league also suspended Wild forward Brad Staubitz for the rest of the pre-season and the first three regular-season games for an illegal check on Columbus' Cody Bass from behind in the same game, which Minnesota won 4-3 in overtime.

THE CANADIAN PRESS

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
x-New York	97	63	.606	—
Boston	89	71	.556	8
Tampa Bay	89	71	.556	8
Toronto	80	80	.500	17
Baltimore	68	92	.425	29

CENTRAL DIVISION

	W	L	Pct	GB
x-Detroit	93	67	.581	—
Cleveland	80	80	.500	13
Chicago	78	82	.488	15
Kansas City	71	89	.444	22
Minnesota	61	99	.381	32

WEST DIVISION

	W	L	Pct	GB
x-Texas	93	66	.585	—
Los Angeles	86	73	.541	7
Oakland	72	88	.450	21½
Seattle	67	93	.419	26½

x — clinched playoff berth

Last night's results
Baltimore 6 Boston 3
Detroit 14 Cleveland 0
Tampa Bay 5 N.Y. Yankees 2
Kansas City 7 Minnesota 3
Chicago White Sox 4 Toronto 3
Seattle 4 Oakland 2
Texas at L.A. Angels
Sunday's results
Tampa Bay 5 Toronto 2
Detroit 10 Baltimore 6
Kansas City 2 Chicago White Sox 1
Minnesota 6 Cleveland 4 (10 inn.)
N.Y. Yankees 6-4 Boston 2-7 (14 inn., 2nd game)
Oakland 6 L.A. Angels 5
Texas 12 Seattle 5
Tonight's games
Boston (Bedard 5-9) at Baltimore (Britton 11-10), 7:05 p.m.
Cleveland (J.Gomez 5-2) at Detroit (Scherzer 14-9), 7:05 p.m.
N.Y. Yankees (Colon 8-10) at Tampa Bay (Hellickson 13-10), 7:10 p.m.
Kansas City (O'Sullivan 2-5) at Minnesota (Swarzak 3-7), 8:10 p.m.
Toronto (H.Alvarez 1-2) at Chicago White Sox (Buehrle 12-9), 8:10 p.m.
Texas (C.Lewis 13-10) at L.A. Angels (E.Santana 11-12), 10:05 p.m.
Oakland (Cahill 11-14) at Seattle (Beavan 5-5), 10:10 p.m.
Tomorrow's games
Toronto at Chicago White Sox, 2:10 p.m.
Boston at Baltimore, 7:05 p.m.
Cleveland at Detroit, 7:05 p.m.
N.Y. Yankees at Tampa Bay, 7:10 p.m.
Texas at L.A. Angels, 8:05 p.m.
Kansas City at Minnesota, 8:10 p.m.
Oakland at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
x-Philadelphia	100	60	.625	—
Atlanta	89	71	.556	11
Washington	79	80	.497	20½
New York	76	84	.475	24
Florida	71	89	.444	29

CENTRAL DIVISION

	W	L	Pct	GB
x-Milwaukee	94	66	.588	—
St. Louis	88	72	.550	6
Cincinnati	78	82	.488	16
Pittsburgh	72	88	.450	22
Chicago	70	89	.440	23½
Houston	56	104	.350	38

WEST DIVISION

	W	L	Pct	GB
x-Arizona	93	67	.581	—
San Francisco	84	75	.528	8½
Los Angeles	81	78	.509	11½
Colorado	72	87	.453	20½
San Diego	69	90	.434	23½

x — clinched playoff berth

Last night's results
Cincinnati 6 N.Y. Mets 5
Philadelphia 4 Atlanta 2
Washington 6 Florida 4
Houston 5 St. Louis 4 (10 inn.)
Pittsburgh 9 Milwaukee 8
L.A. Dodgers 4 Arizona 2
Chicago Cubs at San Diego
Colorado at San Francisco
Sunday's results
Washington 3 Atlanta 0
Cincinnati 5 Pittsburgh 4
Colorado 19 Houston 3
Milwaukee 9 Florida 5
Philadelphia 9 N.Y. Mets 4
St. Louis 3 Chicago Cubs 2
L.A. Dodgers 6 San Diego 2
Arizona 5 San Francisco 2
Tonight's games
Cincinnati (Arroyo 9-12) at N.Y. Mets (Capuano 11-12), 7:10 p.m.
Philadelphia (Oswalt 8-10) at Atlanta (D.Lowe 9-16), 7:10 p.m.
Washington (Lannan 10-13) at Florida (Vazquez 12-11), 7:10 p.m.
St. Louis (Westbrook 12-9) at Houston (Sosa 3-5), 8:05 p.m.
Pittsburgh (Ohlendorf 1-3) at Milwaukee (Wolf 13-10), 8:10 p.m.
L.A. Dodgers (Kuroda 13-16) at Arizona (Parker 0-0), 9:40 p.m.
Chicago Cubs (Garza 9-10) at San Diego (Bass 2-0), 10:05 p.m.
Colorado (White 2-3) at San Francisco (Bumgarner 12-13), 10:15 p.m.
Tomorrow's games
Cincinnati at N.Y. Mets, 1:10 p.m.
Colorado at San Francisco, 3:45 p.m.
Washington at Florida, 4:10 p.m.
Philadelphia at Atlanta, 7:10 p.m.
St. Louis at Houston, 8:05 p.m.
Pittsburgh at Milwaukee, 8:10 p.m.
Chicago Cubs at San Diego, 8:35 p.m.
L.A. Dodgers at Arizona, 9:40 p.m.

NHL

PRE-SEASON

Yesterday's results
Boston 2 Montreal 1
Philadelphia 5 N.Y. Rangers 3
Washington 3 Columbus 1
At St. John's, Newfoundland
Winnipeg 3 Ottawa 1
Sunday's results
Edmonton 3 Calgary 0
San Jose 4 Vancouver 3
Anaheim 3 Los Angeles 1
Colorado 3 Dallas 0
Columbus 4 Buffalo 1
Detroit 4 Chicago 3 (SO)
At Halifax — Boston 7 Montreal 3
At Charlotte, N.C. — Carolina 4 Winnipeg 0
Tonight's games
Dallas at Florida, 7:30 p.m.
Toronto at Ottawa, 7:30 p.m.
St. Louis at Minnesota, 8 p.m.
L.A. vs. Pittsburgh (at Kansas City, Mo.), 8 p.m.
Phoenix at Edmonton, 9 p.m.
N.Y. Islanders at Calgary, 9 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Buffalo	3	0	0	1.000	113	73
New England	2	1	0	.667	104	79
N.Y. Jets	2	1	0	.667	83	61
Miami	0	3	0	.000	53	78

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	1	0	.667	90	60
Tennessee	2	1	0	.667	57	43
Jacksonville	1	2	0	.333	29	62
Indianapolis	0	3	0	.000	46	84

NORTH

	W	L	T	Pct	PF	PA
Baltimore	2	1	0	.667	85	40
Cleveland	2	1	0	.667	61	62
Pittsburgh	2	1	0	.667	54	55
Cincinnati	1	2	0	.333	57	54

WEST

	W	L	T	Pct	PF	PA
Oakland	2	1	0	.667	92	82
San Diego	2	1	0	.667	65	69
Denver	1	2	0	.333	58	62
Kansas City	0	3	0	.000	27	109

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	2	1	0	.667	66	53
N.Y. Giants	2	1	0	.667	71	60
Dallas	2	1	0	.667	69	67
Philadelphia	1	2	0	.333	78	77

SOUTH

	W	L	T	Pct	PF	PA
Tampa Bay	2	1	0	.667	60	60
New Orleans	2	1	0	.667	104	88
Carolina	1	2	0	.333	60	68
Atlanta	1	2	0	.333	60	77

NORTH

	W	L	T	Pct	PF	PA
Green Bay	3	0	0	1.000	99	74
Detroit	3	0	0	1.000	101	46
Chicago	1	2	0	.333	60	69
Minnesota	0	3	0	.000	60	74

WEST

	W	L	T	Pct	PF	PA
San Francisco	2	1	0	.667	70	52
Seattle	1	2	0	.333	30	67
Arizona	1	2	0	.333	59	56
St. Louis	0	3	0	.000	36	96

Last night's result
Dallas 18 Washington 16
Sunday's results
New Orleans 40 Houston 33
Tennessee 17 Denver 14
Detroit 26 Minnesota 23 (OT)
San Francisco 13 Cincinnati 8
Buffalo 34 New England 31
N.Y. Giants 29 Philadelphia 16
Cleveland 17 Miami 16
Carolina 16 Jacksonville 10
San Diego 20 Kansas City 17
Oakland 34 N.Y. Jets 24
Baltimore 37 St. Louis 7
Seattle 13 Arizona 10
Green Bay 27 Chicago 17
Tampa Bay 16 Atlanta 13
Pittsburgh 23 Indianapolis 20
Sunday, Oct. 2
Detroit at Dallas, 1 p.m.
Washington at St. Louis, 1 p.m.
Minnesota at Kansas City, 1 p.m.
Carolina at Chicago, 1 p.m.
Pittsburgh at Houston, 1 p.m.
New Orleans at Jacksonville, 1 p.m.
San Francisco at Philadelphia, 1 p.m.
Tennessee at Cleveland, 1 p.m.
Buffalo at Cincinnati, 1 p.m.
N.Y. Giants at Arizona, 4:05 p.m.
Atlanta at Seattle, 4:05 p.m.
Miami at San Diego, 4:15 p.m.
New England at Oakland, 4:15 p.m.
Denver at Green Bay, 4:15 p.m.
N.Y. Jets at Baltimore, 8:20 p.m.
Monday, Oct. 3
Indianapolis at Tampa Bay, 8:30 p.m.

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	12	8	4	0	291	277	16
Montreal	12	7	5	0	374	297	14
Hamilton	12	6	6	0	351	344	12
Toronto	12	3	9	0	251	344	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	12	7	5	0	288	284	14
Calgary	12	7	5	0	324	345	14
B.C.	12	6	6	0	334	249	12
Saskatchewan	12	4	8	0	272	345	8

Sunday's result
At Moncton, N.B.
Hamilton 55 Calgary 36
Saturday's results
B.C. 42 Saskatchewan 5
Toronto 25 Winnipeg 24
Friday's result
Montreal 34 Edmonton 21

WEEK 14

All Times Eastern
Friday, Sept. 30
Montreal at Winnipeg, 7:30 p.m.
Edmonton at B.C., 10:30 p.m.
Saturday, Oct. 1
Saskatchewan at Calgary, 4 p.m.
Hamilton at Toronto, 7 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Houston	31	10	9	12	39	39	42
Columbus	30	11	11	8	35	38	41
Kansas City	30	10	9	11	44	38	41
Philadelphia	29	9	7	13	37	31	40
New York	30	8	7	15	46	41	39
D.C. United	28	9	8	11	43	41	38
Chicago	29	6	8	15	36	39	33
Toronto	31	6	13	12	32	55	30
New England	30	5	13	12	34	49	27

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	30	17	3	10	44	22	61
Seattle	30	15	6	9	49	32	54
Real Salt Lake	29	15	8	6	42	27	51
Dallas	30	13	10	7	36	33	46
Colorado	31	10	9	12	41	40	42
Portland	30	10	13	7	37	44	37
Chivas USA	31	8	12	11	39	38	35
San Jose	30	6	11	13	32	39	31
Vancouver	29	4	15	10	29	49	22

x — clinched playoff berth.
Note: Three points for a win, one for a tie.
Sunday's result
Chicago 3 New England 2
Tomorrow's games
All Times Eastern
Columbus at Kansas City, 8:30 p.m.
Chicago at Real Salt Lake, 9 p.m.
Thursday's game
D.C. United at Philadelphia, 8 p.m.

ENGLAND

PREMIER LEAGUE

Norwich 2 Sunderland 1

SPAIN

LA LIGA

Yesterday's result
Getafe 1 Real Betis 0

TENNIS

WTA TORAY PAN PACIFIC OPEN

At Tokyo
Singles
First Round
Ana Ivanovic (12), Serbia, def. Anastasia Rodionova, Australia, 6-4, 6-0.
Mandy Minella, Luxembourg, def. Kimiko Date-Krumm, Japan, 1-6, 6-3, 6-3.
Jarmila Gajdosova, Australia, def. **Rebecca Marino, Vancouver**, 1-6, 6-2, 7-5.
Klara Zakopalova, Czech Republic, def. Urszula Radwanska, Poland, 3-6, 6-3, 6-1.
Maria Kirilenko, Russia, def. Erika Sema, Japan, 6-1, 6-0.
Ana Ivanovic (12), Serbia, def. Anastasia Rodionova, Australia, 6-4, 6-0.
Vania King, U.S., def. Zhang Shuai, China, 6-1, 6-0.
Jie Zheng, China, vs. CoCo Vandeweghe, U.S., 5-5, susp, rain.
Gisela Dulko, Argentina, vs. Tsvetana Pironkova, Bulgaria, 6-6, susp, rain.
Second Round
Marion Bartoli (7), France, def. Ayumi Morita, Japan, 6-3, 0-6, 6-3.
Maria Sharapova (2), Russia, def. Tamarine Tanasugarn, Thailand, 6-2, 7-5.
Jelena Jankovic (8), Serbia, def. Barbara Zahlavova Strycova, Czech Republic 6-4, 6-2.

ATP MALAYSIAN OPEN

At Kuala Lumpur, Malaysia
Singles
First Round
David Goffin, Belgium, def. Matthew Ebden, Australia, 6-4, 7-6 (4).
Marcos Baghdatis, Cyprus, def. Alex Bogomolov Jr. (6), U.S., 7-6 (3), 6-4.
Dmitry Tursunov (7), Russia, def. Paul Capdeville, Chile, 6-2, 2-6, 6-1.

ATP PTT THAILAND OPEN

At Bangkok, Thailand
Singles
First Round
Robin Haase (7), Netherlands, def. Kittiphong Wachiramanowong, Thailand, 6-3, 7-6 (1).
Santiago Giraldo, Colombia, def. Dudi Sela, Israel, 6-2, 6-3.
Grigor Dimitrov, Bulgaria, def. Ivan Dodig (5), Croatia, 6-2, 7-5.
Danai Udomchoke, Thailand, def. Fabio Fognini (6), Italy, 6-4, 3-6, 6-2.

GOLF

PGA FEDEXCUP FINAL STANDINGS

(All figures U.S.)

	Points	Bonus Money
1. Bill Haas	2,760	$10,000,000
2. Webb Simpson	2,745	$3,000,000
3. Luke Donald	2,567	$2,000,000
4. Dustin Johnson	2,488	$1,500,000
5. Justin Rose	2,253	$1,000,000
6. Matt Kuchar	1,853	$800,000
7. Hunter Mahan	1,800	$700,000
8. Brandt Snedeker	1,668	$600,000
9. Nick Watney	1,420	$550,000
10. Chez Reavie	1,220	$500,000
11. K.J. Choi	1,207	$300,000
12. Jason Day	1,058	$290,000
13. John Senden	1,030	$280,000
14. Aaron Baddeley	1,007	$270,000
15. Phil Mickelson	795	$247,500
16. Adam Scott	778	$247,500
17. Gary Woodland	773	$240,000
18. Steve Stricker	740	$235,000
19. Charles Howell III	708	$230,000
20. Keegan Bradley	648	$222,500

RUGBY

2011 WORLD CUP

At Sites In New Zealand

FIRST ROUND

(top two from each group advance)
Note: Four points awarded for a win, two for a tie and a bonus point given for four or more tries or a loss by seven or fewer points

POOL A

Team	MP	W	D	L	PF	PA	Pt
x-New Zealand	3	3	0	0	161	34	15
France	3	2	0	1	110	77	10
Tonga	3	1	0	2	61	84	5
Canada	**2**	**1**	**0**	**1**	**44**	**66**	**4**
Japan	3	0	0	3	46	161	0

x — clinched berth in quarter-finals.
Last night's result
At Napier
Canada vs. Japan
Saturday's result
At Auckland
New Zealand 37 France 17
Saturday, Oct. 1
All Times Eastern
At Wellington
France vs. Tonga, 1 a.m.
New Zealand vs. **Canada**, 10:30 p.m.

POOL B

Team	MP	W	D	L	PF	PA	Pt
England	3	3	0	0	121	22	14
Argentina	3	2	0	1	65	33	10
Scotland	3	2	0	1	61	43	10
Georgia	2	0	0	2	16	56	0
Romania	3	0	0	3	35	144	0

Sunday's result
At Wellington
Argentina 13 Scotland 12
Tonight's game
At Palmerston North
Georgia vs. Romania, 2:30 a.m.
Saturday, Oct. 1
At Auckland
England vs. Scotland, 3:30 a.m.
At Palmerston North
Argentina vs. Georgia, 8 p.m.

POOL C

Team	MP	W	D	L	PF	PA	Pt
Ireland	3	3	0	0	99	28	13
Australia	3	2	0	1	105	26	10
Italy	2	1	0	1	59	49	5
U.S.	3	1	0	2	28	95	4
Russia	3	0	0	3	35	128	1

Last night's result
At Nelson
Italy vs. U.S.
Sunday's result
At Rotorua
Ireland 62 Russia 12
Friday's game
At Nelson
Australia vs. Russia, 10:30 p.m.
Sunday, Oct. 2
At Dunedin
Ireland vs. Italy, 3:30 a.m.

POOL D

Team	MP	W	D	L	PF	PA	Pt
South Africa	3	3	0	0	153	19	14
Wales	3	2	0	1	114	36	10
Samoa	3	2	0	1	86	34	10
Fiji	3	1	0	2	59	101	5
Namibia	4	0	0	4	44	266	0

Yesterday's result
At New Plymouth
Wales 81 Namibia 7
Sunday's result
At Auckland
Samoa 27 Fiji 7
Friday's game
At Auckland
South Africa vs. Samoa, 3:30 a.m.
Sunday, Oct. 2
At Hamilton
Wales vs. Fiji, 1 a.m.

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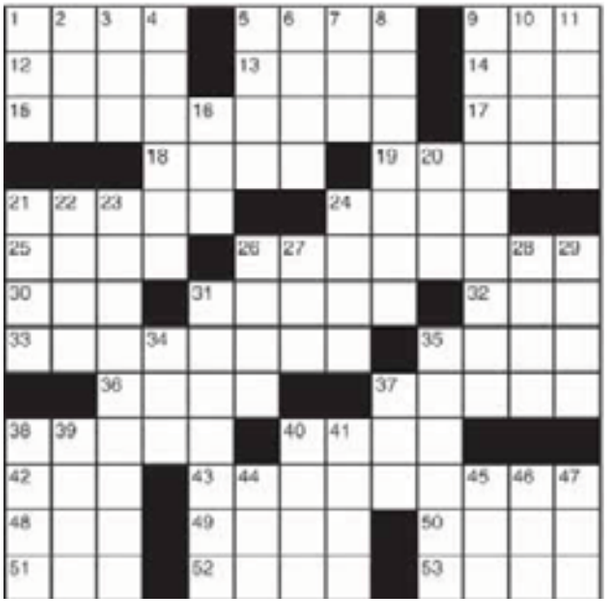
Crossword



Across

1 Sit and smile
5 Dandies
9 Cauldron
12 Windows alternative
13 Laugh-a-minute
14 Japanese sash
15 Stockholder's collection
17 Disencumber
18 Tatters
19 Stylishly dressed
21 Settle a loan
24 Opulent
25 Love deity
26 They have lots to sell
30 Melody
31 Hackneyed
32 Allow
33 Went back over one's steps
35 Waiter's handout
36 Charged bits
37 Range rover?
38 Eighth Greek letter
40 Shipbuilding wood
42 Rowing need
43 Characterization
48 Hearty quaff
49 Ms. Brockovich
50 Comical Carvey
51 Two, in Tijuana
52 Old portico
53 "Agreed"

Down

1 Little pooch
2 John's Yoko
3 Knightly address
4 Crowd-scene actors
5 Kermit, for one
6 Artworks
7 Luau bowlful
8 Without expression
9 Ship's windows
10 Last writes?
11 Neat
16 Wray of "King Kong"
20 Performance
21 Caboose's place
22 A Great Lake
23 Doorway curtains
24 McNally's partner
26 Mythical birds
27 Before
28 Nevada city
29 Dazzle
31 Appetizers
34 Decay
35 Japanese emperor of yore
37 Prohibit
38 5-Down's cousin
39 Head light?
40 Small combo
41 Sicilian volcano
44 Table scrap
45 Talk on and on
46 "Ugly Betty" actress Ortiz
47 Deposit

▶ Yesterday's answer

Sudoku

1	7		8					
		5		7		3		
			4					1
	2				5		6	
6			7		4			9
	3		6				2	
4					6			
		9		3		8		
					1		9	2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

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You
Come back and stay! Miss you, love you!
FROM THIS FIRE NEVER GOES OUT

Lovely Your Love ZIright Do you not know that your glance is very sharp...Sweetie! ...Uh!... Moreover, your glances could slash the light from all candles and light bulbs in the church on last Saturday...Sweetie! I am just kidding...! Hold your faith in God and keep praying; Surely, God will help the whole world and all of us through this dismal economy. You are right and smart to use a quote: "There is only happiness in life, to love and be loved." Yet, love usually encounters challenges from reality that is not easy to perceive it in order to have happiness. Thank you for your beautiful thoughts to me. Have good day with sealing a kiss.
FROM FROM: MIZZ: JULIET

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Stop trying to control each and every situation you find yourself in and let fate take its course.

♉ Taurus April 21-May 21 Try to take things a bit easier on the work front. Slow down.

♊ Gemini May 22-June 21 Be fair in the way you deal with other people and always try to help them get the best from whatever situations you are jointly involved in.

♋ Cancer June 22-July 22 If you can remember that some people are emotional and easily hurt then you won't go far wrong today.

♌ Leo July 23-Aug.23 If you can get away from the daily grind you should do so.

♍ Virgo Aug. 24- Sept. 22 Go with the flow and let events work themselves out in their own way and time.

♎ Libra Sept. 23-Oct. 23 There is a new moon in your sign today, so you won't have any trouble getting what you want.

♏ Scorpio Oct. 24-Nov. 22 Don't be afraid to take advantage of a business or financial opportunity that pops up out of nowhere.

♐ Sagittarius Nov. 23-Dec. 21 You will be amazed how easily and you get things done today.

♑ Capricorn Dec. 22-Jan. 20 The best way to deal with your problems is to pretend they do not exist.

♒ Aquarius Jan. 21-Feb. 18 Today's new moon in Libra makes this the ideal time to clarify your life goals.

♓ Pisces Feb. 19-March 20. What happens today will surprise you, especially if it involves someone you hardly know.

SALLY BROMPTON

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CINDY YAMANAKA/ORANGE COUNTY REGISTER.

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